

Hamburgers

INGREDIENTS (serves 4):

4 round bread rolls

250g mince

$\frac{1}{2}$ onion, finely chopped

$\frac{1}{4}$ cup instant (or quick) rolled oats

1 egg

2 lettuce leaves, shredded

1-2 tomatoes, sliced

1 carrot, grated

4 cheese slices

beetroot (if desired)

butter or margarine

tomato or BBQ sauce

cooking spray

EQUIPMENT:

medium and small mixing bowls

measuring cups

wooden spoon

fork

sharp knife

cutting board

knife

frying pan

egg lifter

grater

Put everything you need out on the bench or table.

In a small bowl, combine rolled oats and egg.

In a medium bowl, combine mince, onion and egg mixture. Mix together. Divide into 4.

Shape mixture into patties.

Flatten to about the size of the bread roll.

Heat frying pan to medium heat.

Lightly spray frying pan with cooking spray.

Turn over...

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Hamburgers

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Add meat patties and cook for 3-5 minutes on each side or until well browned.

Cut bread rolls in half. If desired, toast rolls then spread with butter.

To serve:

On one half of each bread roll, place shredded lettuce, sliced tomato, grated carrot, sliced cheese and beetroot. Top with meat patty. Add sauce, if desired.

Place other half of bread roll on top.

VARIATION: Try the chicken burgers in place of meat patties.

Chicken Burgers

INGREDIENTS (serves 4):

500g chicken mince

4 spring onions, finely chopped

$\frac{3}{4}$ cup breadcrumbs

1 egg

Put everything you need out on the bench or table.

In a medium bowl, combine all ingredients. Mix together. Divide into 4.

Shape mixture into patties. Flatten to about 15cm thick.

Heat frying pan to medium heat.

Lightly spray frying pan with cooking spray.

Add chicken patties and cook for 3-5 minutes on each side or until well browned.

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