
Homemade Burgers



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BEEF BURGERS

- 500G BEEF (OR LAMB) MINCE
- 8 SPRIGS PARSLEY - FINELY CHOPPED (OPTIONAL)
- 2 TABLESPOONS DIJON MUSTARD
- 1 EGG
- 1 RED ONION - FINELY DICED
- 1 TABLESPOON COCONUT OIL

- MIX ALL INGREDIENTS TOGETHER.

- SHAPE INTO 2CM THICK PATTIES.

- COOK IN FRYPAN WITH COCONUT OIL OR PLACE ON THE BBQ. COOK FOR 3 TO 4 MINUTES ON EACH SIDE, OR UNTIL COOKED ALL THE WAY THROUGH.

VEGETARIAN BURGERS

- 2 CUPS MUSHROOMS - FINELY CHOPPED AND SAUTEED IN COCONUT OIL (PREFERABLY PORTABELLO MUSHROOMS)
- 2 CUPS BLACK BEANS - DRAINED, RINSED AND COOKED.
- 1 CUP BROCCOLI - FINELY CHOPPED (FRESH BROCCOLI OR THOROUGHLY DEFROSTED AND DRIED FROZEN)
- 1/2 RED ONION - FINELY DICED
- 3 EGGS - BEATEN
- 2 TABLESPOONS BREADCRUMBS (YOU CAN BLITZ STALE BREAD IN A FOOD PROCESSOR FOR THESE)
- 2 TABLESPOONS MINCED GARLIC
- SPLASH OF OLIVE OIL

- IN A LARGE BOWL, SLIGHTLY MASH BLACK BEANS.

- ADD MUSHROOMS, BROCCOLI, GARLIC AND ONION. COMBINE ALL TOGETHER THOROUGHLY.

- ADD EGGS. MIX TOGETHER.

- FORM INTO PATTIES. PLACE ON A PLATE AND REFRIGERATE FOR 2 HOURS.

- COOK IN A LARGE FRYPAN WITH COCONUT OIL OR ON THE BBQ. COOK FOR 2 TO 3 MINUTES EACH SIDE, OR UNTIL COOKED ALL THE WAY THROUGH.

6 WHOLEMEAL OR WHOLEGRAIN BURGER BUNS

ADDITIONAL INGREDIENTS

BEETROOT SLICES
SLICED TOMATO
SPINACH LEAVES
ICEBERG LETTUCE LEAVES
GRATED CARROT
SLICED TASTY CHEESE
GRILLED ONIONS
MASHED AVOCADO
SUGAR-FREE TOMATO SAUCE
HOMEMADE AIOLI
MUSTARD

NUTRITIONAL INFORMATION

- BE SURE TO BUILD YOUR MEAL BEGINNING WITH COMPLEX CARBOHYDRATES, PROTEINS AND HEALTHY FATS - WHOLEMEAL BURGER BUN, BLACK BEANS, LAMB/BEEF, COCONUT OIL.
- QUALITY ADDITIONAL INGREDIENTS WILL ENSURE YOU ARE CONSUMING PLENTY OF MICRONUTRIENTS.
- REMEMBER TO BE MINDFUL WHEN ADDING SAUCES AS THIS CAN DRAMATICALLY INCREASE YOUR SUGAR INTAKE. I RECOMMEND MAKING YOUR OWN HOMEMADE SUGAR-FREE TOMATO AND BARBECUE SAUCE