

# Home-Made Burgers

## Ingredients

500g lean minced beef steak / pork / lamb / chicken or turkey

25g fresh coriander, finely chopped

1 medium onion, finely chopped

1 egg

1 tablespoon oil

Salt and freshly ground black pepper

To serve with the burgers (optional)

2 tablespoons mayonnaise / piccalilli or chutney

¼ iceberg lettuce, shredded

Bread rolls

1 small red onion, thinly sliced into rings

1 large tomato, thinly sliced



## Method

1. Place all the burger ingredients in a mixing bowl and mix well with the large white spoon or clean hands.
2. Using your hands, shape the mixture into 4 equal sized burgers, slightly bigger than the bread rolls you want to serve them in as the meat will slightly shrink when cooked.
3. Heat the grill until it is hot and grill the burgers for 5 minutes, turn them over and grill for a further 5 minutes, turn again and again until they have cooked for 20 minutes in total.
4. With a temperature probe, check that the core centre of the burger is a minimum of 72°C.