



Mini Hamburgers

Season: anytime

Serves: 16

Recipe source: Cooking for kids, cookbook

Fresh from the garden: herbs



A healthy alternative to takeaway.
The apple in these burgers makes them extra juicy.

Equipment:	Ingredients:
Mixing bowl	500g beef mince
Wooden spoon	1 small red onion (grated)
Cooks knife	1 small apple (grated)
Small bowl for beating egg	2/3 cup dried breadcrumbs
Electric frypan	3 teaspoons herbs: basil, oregano and thyme
Spatula	1 tablespoon tomato sauce
Grater	1 tablespoon Worcestershire sauce
Measuring spoons	1 egg
Tray for cooked burgers	2 tablespoons oil for cooking

What to do:

1. Put the mince in a large bowl and squish it up a bit with your hands.
2. Cut the onion in half. Remove the skin and carefully grate each half.
3. Grate the apple, turning it as you go, until only the core is left.
4. Add the grated onion, apple, breadcrumbs, herbs, and sauces to the meat.
5. Mix altogether with your hands
6. Crack the egg into a bowl and beat with a fork. Add to the meat until all combined.
7. Make a ball of mixture the size of a golf ball and flatten into a burger shape. Set aside on a tray. Repeat with the rest of the mixture. Making at least 16 burgers.
8. Place the oil in the frypan. Cook for about 6 minutes, turning every minute or so to prevent burning.
9. Set aside on a tray and finish cooking all burgers.

Notes:

Keep cooked burgers warm under alfoil