

Beef Burgers

Ingredients

- 500g lean beef mince
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 1 cup Lowan Wholegrain Rolled Oats
- 1 (50g) egg, lightly beaten
- Salt and pepper to taste
- 1 tablespoon oil
- 3 flat hamburger or Turkish bread rolls

Salad Suggestions

- 1–2 onions, sliced and cooked until golden
- 6 iceberg lettuce leaves
- 2 tomatoes, sliced
- 6 slices beetroot
- Tomato or barbecue sauce

Method

1. Place mince, onion, garlic and oats in a mixing bowl.
2. Using clean hands, mix well.
3. Add the egg and mix until thoroughly combined.
4. Shape mixture into six even round flat patties. Refrigerate, covered, on a flat tray for 30 minutes.
5. Heat half the oil a non-stick frying pan over a medium/low heat.
6. Cook half the patties for 4-5 minutes on each side until golden brown. Turn only once.
7. Transfer to a plate, cover and keep hot.
8. Heat the remaining oil and cook the rest of the patties.
9. Slice rolls in half and toast.
10. Place patties on toasted buns and top with salad and sauce of your choice.

