

Homemade Burgers

Ingredients

- 200g reduced fat mince beef/ pork or turkey
- 1/4 teaspoon salt
- Pinch of pepper
- 1/4 teaspoon of mustard powder (optional)
- 1 small onion
- Pinch dried sage/thyme optional



Equipment

Vegetable chopping board, knife, 1 mixing bowl, teaspoon, greaseproof paper and baking tray

Method

- 1- Place the minced beef/turkey or pork in a large mixing bowl
- 2- Add the dried herb, salt, pepper and mustard powder(optional)
- 3- Finely dice the onion into very small pieces and add to the mixture
- 4-Combine together
- 5-Roll into 2-3 large balls in your hand
- 6- Using a scone cutter place each ball into the cutter and press down firmly on the greased paper on the baking tray
- 7- Remove the cutter and place in the oven at 180 degrees/gas mark 4 for 12 minutes.