

# ***How to make a basic hamburger***



# Ingredients:

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- 750g beef mince
- 1 large brown onion
- 2 garlic cloves
- 1 tbs fruit chutney
- 1 tspn mixed herbs
- 70g (1 cup) breadcrumbs
- 1 egg, lightly whisked
- Salt and ground black pepper (to taste)
- 2 tbs olive oil
- 6 wholemeal hamburger buns, halved
- 3 medium ripe tomatoes, sliced
- Chutney or sauce, to serve
- 100g mixed lettuce leaves or shredded lettuce

# Method:

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1. Place the beef mince, onion, garlic, chutney, herbs, breadcrumbs and egg into a large bowl. Season with salt and pepper. Combine evenly with your hands.



2. Divide the mixture into six equal portions. Shape each portion carefully with your hands into a patty about 10cm in diameter and 1.5cm thick.





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3. Place the patties onto a tray lined with greaseproof paper. Cover securely with plastic wrap and place in the fridge for at least 30 minutes, in order to help the ingredients intensify.

(If you chill the patties for more than 30 minutes, cook a little longer)



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4. Heat half the olive oil in a large, non-stick frying pan over medium-low heat and cook 3 patties for about 4 minutes each side, or until browned and cooked through.

Note- It is important to cook mince right through to kill any bacteria present that may have been introduced during preparation.



5. Put the patties on a plate, set aside and keep warm. Repeat with the remaining oil and patties.





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6. Preheat grill on high. Place the hamburger buns, cut-side up, under the preheated grill and toast for 1 minute or until golden.





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7. Lay the patties on the bottom halves of the toasted hamburger buns. Top each with the sliced tomato, tomato sauce and shredded lettuce. Sprinkle lightly with salt and pepper to taste and then cover with hamburger bun tops.

Serve on a plate and enjoy!

