

Burger pattie - Beef

Recipe developed by WASCA

Traffic light category: **Amber**

Serves: 12 (100g)

Burger patties are best served in a wholegrain roll, toasted or untoasted and loaded with salad e.g. lettuce, carrot, cucumber, tomato, avocado, beetroot or coleslaw (cabbage, carrot, spring onion, corn and capsicum).

Burgers served with at least three salad ingredients are classified as **GREEN**.

Ingredients

- 750g lean beef mince
- 1 large brown onion, grated (or finely diced)
- ½ cup parsley, chopped
- 1 zucchini, grated, excess moisture removed
- 250g button mushrooms, grated
- 1 large carrot, grated
- 2 tablespoons Worcestershire (or BBQ sauce)
- Black pepper to taste
- Olive oil spray

Method

1. Place all ingredients in a large bowl. Mix well with your hands
2. Shape into 12 flat patties
3. Heat a griddle plate, BBQ or non stick pan over high heat
4. Use a small amount of olive oil spray if required
5. Cook on each side for 4-5 minutes, serve with your favourite salad ingredients.

Handy tip: patties can be prepared and frozen uncooked between sheets of grease proof paper ready for later use.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	476.56kJ	488.44kJ
Protein	13.85g	14.20g
Total fat	5.50g	5.64g
Saturated fat	2.38g	2.43g
Carbohydrate	1.83g	1.88g
Sugars	1.81g	1.86g
Dietary fibre	0.79g	0.81g
Sodium	87.29mg	89.46mg



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Burger pattie - Tuna/salmon

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 12 (80g)

Serve these patties with a side salad or in a wholegrain burger with salad.

Patties can be prepared and frozen uncooked between sheets of grease proof paper ready for later use.

Ingredients

- 500g potatoes, diced into 2cm cubes
- 415g can tuna or salmon in spring water, drained
- 125g can corn kernels, drained
- 1 egg, lightly whisked
- 2 spring onions, finely sliced
- 1 small red capsicum, diced
- 1¼ cups fresh or packaged breadcrumbs
- 1 teaspoon lemon rind
- Pinch black pepper
- Olive oil spray

Method

1. Cook potatoes in boiling water (or microwave) until tender, drain and mash lightly. Place into a medium sized bowl
2. Add drained tuna/salmon, corn, egg, spring onions, capsicum, ¼ cup of the breadcrumbs and lemon rind
3. Season with pepper and mix until well combined. Refrigerate for 30 minutes
3. Form mixture into 12 patties (approximately ⅓ cup) and coat lightly in remaining breadcrumbs
5. Spray lightly with olive oil spray and bake in oven for 10 minutes. You can also cook these on a sandwich press or grill plate.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	431kJ	520kJ
Protein	6.22g	7.51g
Total fat	1.20g	1.45g
Saturated fat	0.31g	0.37g
Carbohydrate	15.76g	19.01g
Sugars	1.46g	1.76g
Dietary fibre	1.60g	1.93g
Sodium	131mg	158mg



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Burger pattie - chicken & corn

Recipe developed by WASCA

Traffic light category: **Amber**

Serves: 12 (120g)

Ingredients

- 1kg lean chicken mince
- 2 eggs, lightly whisked
- 2 teaspoons wholegrain mustard
- 125g can corn kernels, drained
- 2 spring onions, finely sliced
- 200g button mushrooms, grated
- 2 teaspoons garlic powder
- 2 teaspoons paprika powder
- 4 tablespoons fresh or dried parsley
- 1½ cups fresh or packaged breadcrumbs
- Pinch black pepper

Method

1. Place chicken mince in a large bowl and gently separate
2. In a small bowl/jug add egg and mustard, whisk to combine, add to chicken
3. Combine all other ingredients and ¼ cup of the breadcrumbs in a large bowl, mix well
4. Shape the mixture into 12 patties, roll in breadcrumbs and flatten slightly, refrigerate until firm
5. Lightly spray patties with olive oil spray
6. Bake in oven for 20 minutes or until golden brown and cooked through. Alternatively cook in pan over low heat turning often, to keep the patties moist place the lid on the pan halfway through cooking.

Handy tip: patties can be prepared and frozen uncooked between sheets of grease proof paper ready for later use.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	851kJ	700kJ
Protein	19.29g	15.87g
Total fat	8.04g	6.62g
Saturated fat	2.42g	1.99g
Carbohydrate	12.75g	10.48g
Sugars	1.40g	1.15g
Dietary fibre	1.25g	1.03g
Sodium	208mg	171mg



Burger patties are best served in a wholegrain roll, toasted or untoasted and loaded with salad e.g. lettuce, carrot, cucumber, tomato, avocado, beetroot or coleslaw (cabbage, carrot, spring onion, corn and capsicum).

Burgers served with at least three salad ingredients are classified as GREEN.



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