



Beef Burgers

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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.

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

Traffic light category: Amber Serves: 12 (100g)

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.



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