



Burger

Serves	6
Prep	10 minutes
Chilling	30 minutes
Cooking	15 minutes

Ingredients

- 1 small onion
- 500g good-quality beef mince
- 1 egg
- 1 clove garlic
- 1 tbsp tomato puree
- 50g dried breadcrumbs
- Salt and pepper to taste
- 1 tbsp vegetable oil

Method

1. Finely chop the onion and crush the garlic. Put the onion, garlic, mince, egg, tomato puree, breadcrumbs and salt and pepper in a bowl and mix well.
2. Divide the mixture into 6 and roll it into a ball. Flatten the mix into the shape of a burger. Make sure they're all the same thickness so they cook evenly.
3. Place the burgers on a plate, cover with cling film and chill for 30 minutes.
4. Heat a frying pan with 1tbsp oil. Cook the burgers for about 5 mins on each side.
5. Serve in a burger bun with salad.