

Homemade Mini Burgers

<p>Equipment:</p> <p>Large mixing bowl (2) Large plate Medium mixing bowls (3) Sharp knife Chopping board Fork, for mashing Grater Frying pan Slide/turner/egg lifter Tongs Paper towel Serving platter Bread knife</p>	<p>Ingredients:</p> <p><u>Burgers</u></p> <p>600g lean beef mince 1 brown onion, finely chopped 1 zucchini, coarsely grated 1 carrot, coarsely grated 1 cup finely chopped mixed fresh herbs Olive oil, for frying (2-3 tbsp.) ½ cup breadcrumbs 1 egg (or egg replacement) 1 squeeze of tomato sauce 1 splash of soy sauce Salt & pepper to season</p> <p><u>Rolls</u></p> <p>* Small bap or dinner rolls (one per person) * Cheddar cheese, sliced 5 fresh tomatoes, sliced Lettuce leaves and/or fresh herb leaves, washed, dried and roughly torn * Tomato sauce * <i>Leave these ingredients out if allergic</i></p>
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What to do:

1. Turn oven to 100°C and prepare all ingredients according to the list above. Divide the lettuce, cheese and tomato into bowls (so that there is a bowl of each per table) and set aside.
2. Make the burgers.
3. Combine all ingredients in the large mixing bowl, using your hands or a fork to squash ingredients thoroughly together. Season with salt and pepper.
4. Using a dessertspoon, take small scoops of the mince mixture and roll into balls using your hands.
5. Flatten each ball to approximately 1cm thickness and set the finished patties aside for frying.
6. You will need to divide the mixture evenly so that there is one burger per person.
7. Meanwhile, heat 1-2 tbsp. olive oil in a frying pan over medium heat.
8. When the oil is hot (test with a small piece of onion to see if it sizzles), add 3 - 4 of the burger patties to the pan (you could use two frying pans to speed the cooking process). It is important not to overcrowd the pan, so that you retain heat and have room to turn the patties over.
9. Cook the patties for 3-4 minutes on each side, until they are browned and cooked through.
10. Remove the patties from the pan and place onto paper towel to drain excess fat/oil.
11. Keep cooked patties warm until serving by placing them on a heatproof plate in the oven.
12. Cut the bread rolls open (almost in half but not all the way through) and place in 3 serving bowls, one for each table.
13. Set tables with bowls of cheese, tomato, lettuce and burgers on each, so that everyone can assemble their own.