



## Low Fat Burgers



Ingredients                      Serves 4  
350g (12oz) extra lean minced meat  
(beef, turkey, pork)  
60g (2oz) breadcrumbs  
3 tablespoons (45ml) water  
1 small onion, chopped  
2 tablespoons fresh parsley chopped (or 1  
tsp dried herbs)

To serve: wholemeal buns and salad

**Top tip! Lean mince is a good source of iron. Serve with salad or steamed vegetables for one of your 5 a day!**



### Equipment

chopping board, knife, large bowl, skewer, baking tray.

### Method

1. Place the minced meat, breadcrumbs, water, onion and herbs in a bowl. Season and mix well to combine.
2. Divide the mixture into 4 or 8 balls and flatten into burgers.
3. Cook in the oven at 200°C/ 400°F/ Gas mark 6 for 10-15 minutes depending on the size of the burgers.
4. Test by placing a skewer into the middle of the burger – there should be no trace of pink in the meat and the juices should run clear.
5. Serve in toasted wholemeal or granary buns with salad or vegetables.