FROM OUR KITCHEN

Asian-style beef burgers



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	15 min	30 min	4

01 Ingredients

- [ ] 500 g lean beef mince
- [ ] 1 clove garlic, crushed
- [ ] 1 tbsp red curry paste
- [ ] 2 green onions, finely sliced
- [ ] 2 tbsp panko breadcrumbs (alternatively use 2 tbsp fresh breadcrumbs)
- [ ] 1 egg, lightly beaten
- [ ] 1 tbsp olive oil
- [ ] 4 wholemeal rolls, lightly toasted
- [ ] 80 g baby rocket leaves
- [ ] 1 Lebanese cucumber, peeled into ribbons
- [ ] 1 large carrot, peeled into ribbons
- [ ] 50 g snow pea sprouts, trimmed
- [ ] 1.4 cup whole egg mayonnaise
- [ ] 1 Coriander and mint leaves, to garnish
- [ ] 1 Hot chilli sauce, to serve, if desired

02 Step-by-step method

01 Combine the beef mince, garlic, curry paste, green onions, breadcrumbs and egg . Season and shape into 4 burgers.

02 Preheat the barbecue flat-plate or pan to moderately-high heat. Lightly brush the burgers with oil and place the burgers on the barbecue or in the pan, reducing the heat to medium.

03 Cook for 5 to 6 minutes each side or until cooked to your liking, turning the burgers once.

04 Serve burgers on toasted buns with rocket, cucumber, carrot, sprouts, mayonnaise, coriander and mint leaves and hot chilli sauce, if desired.