

Asian-Style Beef Burgers by beefandlamb.com.au

Preparation: 15 minutes | Cooking: 15 | Serves: 4

INGREDIENTS

Burger patties

500g 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

Bun and trimmings

4 wholemeal rolls, lightly toasted

80g baby rocket leaves

1 Lebanese cucumber, peeled into ribbons

1 large carrot, peeled into ribbons

50g snow pea sprouts, trimmed

¼ cup whole egg mayonnaise

Coriander and mint leaves, to garnish

Hot chilli sauce, to serve if desired

METHOD

1. To prepare the burger patty, combine the beef mince, garlic, curry paste, green onions, breadcrumbs and egg in a large bowl. Season and shape into 4 burgers.
2. To cook the patties, preheat the barbecue or pan to moderately high heat. Lightly brush the burgers with oil and place on the barbecue or in the pan, reducing the heat to medium.
3. Cook the patties for 5 to 6 minutes each side or until cooked to your liking, turning the burgers once.



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

COOKING TIPS

1. When preparing the burger patty it's important to not squash the mince mixture into a flattened disc. Make your patties about 2-3cm thick; at this size and shape the burger will cook through to the middle without becoming dry on the outside.
2. Travel around the globe by adding different herbs, spices and pastes to your original burger patty mince.