

HEALTHY BURGER

Cooking method: Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg together until well mixed. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side. While burgers are cooking, heat oil and cook onion, stirring several times. Split and toast buns. Spread top half of each bun with mustard. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot. Top with remaining half of bun. Serve.

 15 minutes

 25 minutes

 6 portions

INGREDIENTS

- 350 g lean minced beef 1 large carrot, 2 medium zucchini, 2 tablespoons parsley, chopped 1 teaspoon mixed dried herbs 1 egg, beaten 1 tablespoon olive oil

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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (52 g)	% DRI
ENERGY	293 kcal	151 kcal	8 %
FAT	25 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	9 g	5 g	23 %
CHOLESTEROL	76 mg	39 mg	13 %
SODIUM	1036 mg	535 mg	22 %
CARBOHYDRATE	3 g	2 g	1 %
SUGARS	0 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	13 g	6 g	—