

## Nutracheck Recipe

### Homemade Beef Burger

**Serves: 2**

**364** kcals

**12.3** g fat

per serving



#### INGREDIENTS

- 170g extra lean minced beef
- 4 mushrooms
- ½ small onion
- 1 tbsp. breadcrumbs
- ¼ tsp mixed herbs
- 1 tsp. Worcestershire sauce
- 1 egg (for binding, you will not need all of it)
- 2 burger buns
- 1 tomato
- Lettuce leaves
- Tomato ketchup
- 2 pickled gherkins (optional)

#### Cooking Instructions:

1. Chop the mushrooms & onions finely, mix together with mince, then add the breadcrumbs, mixed herbs, Worcestershire sauce & some egg to bind the mixture together. Divide the mixture in half and shape into a pattie with your hands.
2. Turn the burgers frequently over a medium grill for 10-15 minutes.
3. Serve in a burger bun with lettuce, tomato, gherkin (optional) and tomato ketchup.