

Bangin' Burgers



Serves	Prep Time	Cooking	Total Time	Calories
4 people				460 kcal

Stuff that's in it:

- 500G Mince Beef (5% Fat)
- 1Tsp English Mustard
- 5 Italian Breadsticks
- 1Tbsp Parsely (Chopped)
 - 1 Egg
- 1 Brown Onion (Chopped)
 - 600Ml Beef Stock
 - 1 Tbsp Olive Oil
 - Pinch Salt And Pepper
- 800G Sweet Potato (Cooked, Mashed)
 - 25G Flour (Plain)

What you do:

Add your breadsticks to a small food processor and blitz into crumbs

Add to a large mixing bowl with the mustard, egg, parsley and beef and salt and pepper

Mix with your hands until combined and make a ball. Separate into 4 balls and squash flat to make patty's
or use a burger press

Then heat some oil in a large pan and gently cook the burgers each side for around 6-7 minutes , remove from the pan then add another squirt of oil and drop the onion rings in , you want to cook them slow so they become sweet and translucent, around 7-10 mins

Then add the flour , mix well and add the beef stock , bring to the boil, reduce then add the burgers , heat again then add the peas and simmer for around 6 minutes until thick , add more water if desired

Serve with the sweet potato mash! Laverly!!

Nutrition

- Carbs: 54g
- Fat: 11g
- Protein: 52g
- Fibre: 1g
- Saturated Fat: 3g

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