



Beef & mushroom burgers

Preparation: 25 minutes + 20 minutes chilling time

Cooking: 8-10 minutes Serves: 4

2 tbs olive oil (+ extra for greasing)
400g cup mushrooms, finely chopped
400g lean beef mince
1 small onion, finely chopped
salt & ground black pepper, to taste
2 tsp Worcestershire sauce
1 egg, lightly beaten
4 hamburger buns, split
shredded Iceberg lettuce, to serve
sliced tomato, to serve
barbecue sauce, to serve

1. Place 2 tbs oil into a large non-stick frying pan over medium-high & heat until hot. Add mushrooms & cook, stirring often, for 4-5 minutes or until pan juices have evaporated. Remove from heat, drain excess liquid & set aside 10 minutes.
2. Combine mushrooms, beef mince, onion, salt & pepper, Worcestershire sauce & egg in a large mixing bowl. Mix well using your hands. Form mixture into eight patties, place onto a tray, cover with plastic wrap & refrigerate for 20 minutes.
3. Lightly grease a barbecue plate or large non-stick frying pan with oil & preheat on medium-high heat. Cook patties for 4-5 minutes on each side or until cooked to your liking.
4. Toast or grill hamburger buns. Top bun bases with shredded lettuce, sliced tomato & two patties, drizzle with barbecue sauce & serve.