



#E-LIFE HACKS

Ingredients

- 1 onion
- 500g beef mince
- 1 egg
- Salt and pepper
- 4 burger buns

BEEF BURGER RECIPE



Makes 4 burgers

Directions

1. Peel and finely chop the onion.
2. Lightly wet your hands to stop the mixture sticking to them.
3. Put the beef mince, onion and egg in a large bowl and mix.
4. Add some salt and pepper.
5. Divide the mixture into four.
6. Carefully roll the mixture into a ball.
7. Set on a flat surface or the palm of your hand and gently squeeze the 4 balls of mixture to flatten them.
8. Put the burgers on a plate, cover them in cling film and leave them in the fridge to firm up for at least 30 minutes.
9. Heat the grill to medium hot.
10. Grill the burgers for about 15 minutes turning occasionally.
11. Serve in a bun with sauces and salad.