



MUSHROOM AND BEEF BURGERS

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

Olive oil for frying

½ large **onion**, finely chopped

250 grams **chestnut mushrooms**, finely chopped

1 **garlic clove**, crushed

250 grams **British beef mince**

1 tablespoon **Worcestershire sauce**

6 **fresh thyme sprigs**, leaves picked and roughly chopped

1 medium free-range **egg**

4 **burger buns**, split in half

4 crisp lettuce leaves, sliced **tomatoes** and **onion** to serve

MACROS PER PORTION

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| CALORIES | 453 | PROTEIN | 4 |
| CARBS | 40 | FATS | 21 |
| FIBRE | 2 | | |

INSTRUCTIONS

Heat a glug of oil in a pan over a medium-high heat and fry the onion for 4-5 minutes. Stir in the mushrooms, fry for 3-4 minutes, then add the garlic and fry for a minute.

Put the mix in a large bowl, cool, then add the mince, Worcestershire sauce, thyme and egg with a pinch of salt and pepper. Mix with a wooden spoon, then knead in the bowl for 2 minutes with your hands until the mixture starts to stick together.

Divide into 4 equal patties, put on a plate, then cover with cling film and chill in the fridge for 30 minutes or the freezer for 10.

Heat a glug of oil in a large frying pan over a medium-high heat and fry the burgers for 3 minutes, then flip and fry for 3 minutes on the other side and finally for 3 further minutes on the first side.

Remove the burgers and set aside to rest while you toast the buns.

Put the burger buns cut-side down in the pan and toast for 2 minutes or until the undersides are golden and crisp.

Layer up the lettuce, burgers, tomatoes and onion rings between the toasted bun halves.