Basic Burger

Ingredients
- ½ tablespoon oil
- 1 small onion, peeled and finely chopped
- 500g good-quality lean ground beef
- 1 egg
- ½ cup breadcrumbs
- 1 tbsp vegetable oil
- 4 Keiser buns
- All or any of the following to serve: sliced tomato, beetroot, horseradish sauce, mayonnaise, ketchup, iceberg lettuce, watercress

Making it
1. Heat the oil over a medium heat in a non-stick pan. Add the finely chopped onion and stir-fry for 5 mins until translucent.
2. Place the beef into a bowl with the onion, egg and breadcrumbs, then mix thoroughly.
3. Divide the mixture into four (or 8 if making sliders). Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball (or a golf ball if making sliders). Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Put on a plate and continue making the remaining patties.
4. Grill or broil the burgers until the patty is no longer pink in the middle
5. Remove the patties from the grill. Leave to rest on a plate so that all the juices can settle inside. Assemble your burger and enjoy!

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 159
Fat (g): 9.5
Carbohydrate (g): 3.9
Fibre (g): 0.6
Protein (g): 13.7

TIPS & HINTS
Ensuring the patties are all the same thickness will help them cook evenly.