

Healthy Hamburgers

500g lean minced beef
1 ½ cups soft wholemeal breadcrumbs
½ cup rolled oats
2 Tbsp cold water
1 tsp minced garlic
¼ cup chopped parsley
½ cup grated carrot
½ cup grated kumara or courgette
1 onion, finely chopped
1 egg
1 tsp salt
1 tsp dried basil
1 tsp curry powder

Mix all ingredients together in a bowl.

Shape into hamburger patties (Makes 8 large)

Cook on barbeque or in non-stick fry pan. Serve in toasted hamburger buns with lettuce, grated carrot, finely sliced red onion, pineapple ring and sliced tomato

This recipe also works well as meat balls (smother with pasta sauce) or as a delicious meat loaf!

Health Habits:

- Using lean mince and cutting out the sausage mince - reduces the fat content considerably
- Adding breadcrumbs, rolled oats and vegetables - increases fibre as well as vitamin and mineral content