

SCHOOL HOLIDAYS

ENJOY COOKING AND EATING AS A FAMILY

How your family eat meals strongly influences the diet and nutrition of your children. While you are having a break over the school holidays why not take the time to have some fun enjoying your food together...

Holiday Hamburgers

Preparation time: 30 minutes

Ingredients

- 500 grams lean beef mince
- 1 onion, finely chopped or sliced
- 2 cloves garlic, finely chopped
- 1 tablespoon low-salt soy sauce
- 1 teaspoon sweet chilli sauce, optional
- 1 egg, lightly beaten

Cooking directions

- Mix all ingredients together.
- Shape mixture into patties (makes 6 to 8 patties per 500g of lean beef).
- Heat a little oil in a non-stick frying pan.
- Cook on a high heat until browned on each side, then lower the heat and leave until cooked through. Check the inside of patties to ensure they are thoroughly cooked through and not pink inside.
- Serve with hamburger buns, a variety of fillings, salad or cole slaw, and homemade potato or kumara wedges.

Possible fillings:

- Beetroot, gherkins, grated carrot, sliced cucumber, mustard, tomato sauce, hummus, pesto, pickle or relish, bean sprouts, lettuce, sliced tomato, coleslaw, cooked onion rings. Make up your own yummy combinations!

Recipe sourced by FOF website from Kai: Ngā kai pai mō ngā rangatahi by Te Hotu Manawa Māori.

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