

# Lean Beef Burger



**Serves 2: costs approximately £3.34**

## Ingredients:

250g 5% lean beef mince

Low calorie cooking spray

1 tsp Salt and a pinch of pepper (seasoning)

+ Any optional filling e.g.:

Lettuce

2 slices of fresh tomato

2 slices of fresh pepper

Optional: Wholemeal burger bun/roll, 4 flat mushrooms, homemade tortilla/pitta (basically whatever you want to put your burger on)

1. Mix the mince, salt and pepper (seasoning) together kneading to ensure an equal spread of seasoning throughout.
2. Divide the mixture in approximately half, roll each half into a ball. Press the mix down and mould into a burger shape to preferred thickness (burger press can be used but not necessary). See picture above.  
*\*\* if using flat mushrooms as a 'bun' place in the oven seasoned and with 100ml beef or vegetable stock and bake for 20 minutes\*\**
3. Cook the burgers on a pre heated griddle/grill/BBQ ( Low calorie spray can be used to prevent burgers sticking) or in a non-stick frying pan for approximately 3 minutes each side for the thin burgers and 6 minutes each side for the thicker burgers.
4. Meanwhile prepare your burger bun by lightly toasting and layer with fillings.
5. Serve with healthy side e.g. low calorie chips, baked sweet potato, and vegetable couscous.