



## **Ingredients**

600g good quality lean beef, minced (ask your butcher to mince it for you)

1 onion, finely diced

2 garlic cloves

1 large egg

1/2 cup breadcrumbs

1 tsp cumin

1 tsp smoked paprika

Salt and pepper, to taste

## **Serving suggestions** (just to get you started!)

Cucumber pickles

Pickled jalapenos

Tomato

Lettuce

Cheese

Red onion

Capsicum (fresh or roasted)

Avocado

**1.** Mix together the mince with the onion, egg, breadcrumbs and spices and bring it all together till well combined.

**2.** Using your hands or one of these AWESOME burger shaping tools, shape out your patties and set them aside on some non-stick baking paper.

**3.** Once they're laid out, you can store them in an airtight container if they're all going to be used the next day...but if not, then it's very easy to freeze them into single portions. Cut a length of plastic wrap, and wrap the patties either individually or in pairs, making sure they do not touch so they can be removed easily later.

**4.** Once the burger patties are tightly wrapped, they can be frozen and stored for up to a month! Whenever you need them, either defrost overnight or in the microwave, then cook in a frying pan with a splash of oil.