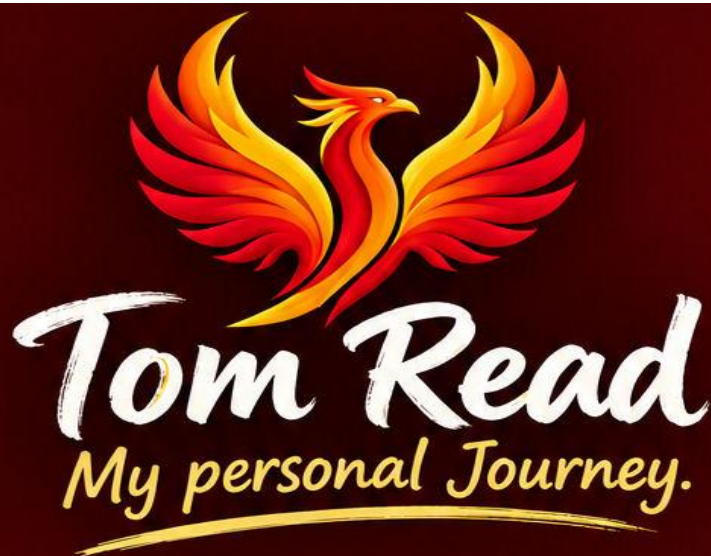




Mega Burger

(Makes 4 Burgers)

Ingredients

- 500g lean beef mince (5% fat or less)
- Bacon Medalions (Fat removed)
- 1 small onion, finely grated or diced
- 1 garlic clove, crushed
- 1 tbsp Worcestershire sauce
- 1 tsp smoked paprika
- ½ tsp mustard powder
- 1 egg, beaten (used as a binder)
- Salt and black pepper, to taste
- Low-calorie cooking spray (such as Frylight)

Instructions

1. **Combine the base:** In a large bowl, add the 5% lean beef mince, grated onion, crushed garlic, Worcestershire sauce, paprika, mustard powder, salt, and pepper.
2. **Mix well:** Use clean hands to thoroughly mix and knead everything together so the spices are evenly distributed.
3. **Bind the mixture:** Pour in the beaten egg and continue mixing until the meat becomes slightly sticky and easily holds its shape.
4. **Shape the Burgers:** Divide the mixture into 4 equal portions. Use your hands or a burger press to shape them into uniform patties. *Tip: Press a small dimple into the centre of each patty with your thumb to prevent them from puffing up while cooking.*
5. **Chill:** Place the patties on a plate, cover, and pop them in the fridge for 20–30 minutes to firm up.
6. **Cook:** Use a frying pan with low-calorie cooking spray and bring to a medium heat turning occasionally, until they are thoroughly browned and cooked all the way through.
I prefer to cook them in the Air fryer, for 20mins. Fry the bacon, using Fry Light.

Serve in a Large Aldi Wholemeal Roll (Fibre Choice) with bacon, Add a fried egg & sliced fried tomato on top.

Syn Free

1 Fibre Choice