
Criminally Good Burgers

Instructions

In a big frying pan slowly fry the onion in olive oil for about 5 minutes until softened, but not coloured. This gives the sweetness to the burger. Place the raw meat in a large bowl and add the cooked onion and all the other ingredients.

Mix well together – at this stage, it's better to use your hands!

Shape the meat into burgers, however large or small you want, and chill for 1 hour.

Cook on the barbecue, in a frying pan or grill. Serve on a toasted burger bun with any extra fillings you like.

Note: to ensure good quality mince, you might like to ask your butcher to mince you some skirt, braising steak or stewing steak.

Perfect for summer barbecues, bursting with flavour.

Ingredients

500g good quality minced beef
1 small red onion, chopped
1 tbsp olive oil
3 tsp ground cumin
3 tsp ground coriander
Salt and Pepper
1 handful of grated fresh Parmesan
1 tablespoon of Dijon mustard
1 large egg