

BEEF BURGERS

Servings 4-12 | Prep Time 10 mins | Total Time 25 mins



INGREDIENTS

- 500g Beef Mince
- 1 large egg
- ½ cup Gluten-Free breadcrumbs (or 4-5 slices bread)
- ½ cup parmesan cheese
- 1 teaspoon thyme
- 1 teaspoon paprika
- Salt and Pepper to taste
- ½ cup fresh parsley
- ½ cup of spring onion (Green tops only)
- Salad, Gluten-Free Bread rolls and [tomato salsa](#) to serve

METHOD

1. Finely chop the spring onion and parsley, and then grate the parmesan cheese (if using a block of parmesan block). In another bowl, lightly beat the egg with a fork or whisk.
2. In a large bowl, mix together the beef mince, spring onion, parsley gluten-free breadcrumbs, thyme, paprika, parmesan, egg and salt and pepper.
3. Divide the mince into even portions. It should make about 4 large or about 12 smaller burgers
4. Over medium-high heat pan fry or BBQ the patties until they are cooked through (about 5-7 minutes each side depending on how thick you have made them).
5. While the patties cook, prepare your salad and burger fillings of choice.
6. Assemble the burgers and add a dollop of [tomato salsa](#).

THERMOMIX METHOD

1. Place the parmesan, parsley, spring onion into the Thermomix bowl and chop speed 7 / 15 seconds. Remove and set aside
2. Place the bread slices in the Thermomix bowl and blitz speed 7 / 15 seconds. Blitz again for a few seconds if needed until the bread is like fine crumbs.
3. Add the beef mince, spring onion, parsley gluten-free breadcrumbs, thyme, paprika, parmesan, egg and salt and pepper to the Thermomix bowl and combine Reverse / speed 3 / 10 seconds.
4. Divide the mince into even portions. It should make about 4 large or about 12 smaller burgers
5. Over medium-high heat, pan fry or BBQ the patties until they are cooked through (about 5-7 minutes each side depending on how thick you have made them).
6. While the patties cook, prepare your salad and burger fillings of choice.
7. Assemble the burgers and add a dollop of [tomato salsa](#).