

# Best Beef Burger

**Type:** Main/Snack

**Serves:** 8

**Recipe source:** SAKG

**Fresh from the garden:** rocket, onion, egg, tomatoes.

## EQUIPMENT:

Measuring cups  
Measuring spoons  
Large bowl  
Frypan  
Egg flip

## TO SERVE:

2 serving trays

## INGREDIENTS:

1kg beef mince  
1 onion, finely chopped  
1/2 teaspoon dried chilli flakes  
1 egg  
1/2 cup fresh white breadcrumbs  
1 teaspoon Dijon mustard  
3 tablespoons grated parmesan cheese  
Pinch of grated nutmeg  
2 tablespoons olive oil  
4 tablespoons hummus  
1 cup baby rocket leaves  
2 vine-ripened tomatoes, sliced  
Small bread rolls

## What to do:

1. Place mince, onion, chilli, egg, breadcrumbs, mustard, parmesan and nutmeg in a bowl, and season. Use your hands to shape into 4 patties. Refrigerate for 15 minutes.
2. Heat oil in a non-stick frypan over medium-high heat, then cook patties for 2-3 minutes each side or until cooked to taste. Spread bun bases with hummus, add rocket, tomato, a pattie, some capsicum, aioli and top of bun.

# Mexicana Burger with Guacamole

**Type:** Main/Snack

**Serves:** 8

**Recipe source:** Taste.com.au

**Fresh from the garden:** lettuce, garlic, coriander, oregano.

<p><b>EQUIPMENT:</b></p> <p>Measuring cups Measuring spoons Large bowl Frypan Egg flip</p> <p><b>TO SERVE:</b></p> <p>2 serving trays</p>	<p><b>INGREDIENTS:</b></p> <p>600g beef mince 2 green onions, finely chopped 1 garlic clove, crushed 1 teaspoon dried oregano 1 teaspoon ground cumin 1 teaspoon smoked paprika 1 tablespoon extra-hot chilli sauce 2 tablespoons fresh coriander leaves 1 tablespoon olive oil 4 lettuce leaves 2/3 cup grated tasty cheese bread rolls, split tomato salsa and extra coriander sprigs, to serve (optional)</p> <p><b>Guacamole</b></p> <p>1 avocado, chopped 1 tablespoon lime juice 1 small tomato, seeded, finely chopped</p>
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## What to do:

1. Combine the mince, onion, garlic, oregano, cumin, paprika, chilli sauce and coriander in a bowl. Season with salt and pepper.
2. Divide mixture into 4 equal portions. Roll each portion into a ball. Shape into 1cm-thick patties.
3. Place on a baking paper-lined plate. Cover.
4. Refrigerate for 1 hour.
5. Heat oil on a barbecue hotplate or large frying pan over medium heat. Cook patties for 4 to 5 minutes each side or until browned and just cooked through.
6. Transfer to a plate. Cover loosely with foil. Stand for 5 minutes.
7. Meanwhile, make Guacamole: Mash avocado with lime juice until combined.
8. Stir in tomato. Season with salt and pepper.
9. Arrange lettuce, patties, Guacamole and cheese on roll bases. Top with tomato salsa, coriander sprigs and roll tops. Serve.

# Pumpkin & Haloumi Burger

**Type:** Main/Snack

**Serves:** 8

**Recipe source:** Taste.com.au

**Fresh from the garden:** lettuce, egg, tomato, lemon, parsley.

<p><b>EQUIPMENT:</b></p> <p>Measuring cups Measuring spoons Large bowl Frypan Egg flip Baking tray Potato masher Juicer</p> <p><b>TO SERVE:</b></p> <p>2 serving trays</p>	<p><b>INGREDIENTS:</b></p> <p>650g peeled pumpkin, chopped 1/4 cup (60ml) olive oil, plus extra to drizzle 2 teaspoons zaatar 400g can chickpeas, rinsed, drained, mashed with a fork 1 cup (70g) fresh breadcrumbs 1 cup flat-leaf parsley leaves, chopped 1 egg, lightly beaten 200g thick Greek-style yoghurt 1 tablespoon tahini Finely grated zest of 1 lemon, plus 1 tablespoon juice 250g haloumi, sliced 4 bread rolls lettuce leaves and tomato slices</p>
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## What to do:

1. Preheat the oven to 220°C.
2. Place pumpkin on a baking tray, drizzle with oil, scatter with 1 teaspoon zaatar and season.
3. Roast for 20-25 minutes until tender and lightly caramelised.
4. Transfer to a bowl and mash to a coarse paste with chickpeas, crumbs, parsley and egg. Shape into 4 patties. Chill for 15 minutes.
5. Meanwhile, combine the yoghurt, tahini and lemon zest and juice in a bowl. Season and set aside until ready to serve.
6. Heat 2 tablespoons oil in a frypan over medium heat. Fry the patties, turning once, for 6-8 minutes until golden. Keep warm.
7. Wipe the pan clean, then return to medium heat. Place the remaining 1 tablespoon oil in the frypan, add the haloumi and cook, turning, for 1-2 minutes until golden.
8. To assemble, spread the bottoms of the toasted rolls with the yoghurt mixture, then top with lettuce, tomato, haloumi, a pumpkin patty and an extra dollop of the yoghurt mixture.
9. Sprinkle with remaining 1 teaspoon zaatar, then replace the roll tops and serve immediately.

# Sweet Potato & Tuna Burger

**Type:** Main/Snack

**Serves:** 8

**Recipe source:** Taste.com.au

**Fresh from the garden:** sweet potato, egg, chives, baby spinach.

<p><b>EQUIPMENT:</b></p> <p>Measuring cups Measuring spoons Large bowl Frypan Egg flip Saucepan</p> <p><b>TO SERVE:</b></p> <p>2 serving trays</p>	<p><b>INGREDIENTS:</b></p> <p>350g orange sweet potato, peeled, roughly chopped 185g can tuna in springwater, drained 1 1/2 teaspoons finely grated lemon rind 1 1/2 tablespoons dried chives 1 egg, lightly beaten 1/2 cup dried multigrain breadcrumbs 2 tablespoons rice bran oil 1/4 cup whole-egg mayonnaise 4 wholemeal bread rolls, split 1 cup (40g) firmly packed baby spinach</p>
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## What to do:

1. Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium.
2. Cook, uncovered, for 10 minutes or until tender. Drain. Return to pan over low heat.
3. Cook, tossing for 1 minute or until liquid has evaporated. Transfer to a large bowl. Roughly mash. Cool for 5 minutes.
4. Add tuna, lemon rind, chives, egg and 1/4 cup breadcrumbs to potato. Stir to combine.
5. Using damp hands, shape breadcrumbs on a plate. Lightly coat patties in breadcrumbs.
6. Heat oil in a large frying pan over medium-high heat. Cook patties for 3 to 4 minutes each side or until golden and heated through.
7. Spread cut sides of rolls with half the mayonnaise. Top roll bases with spinach, patties and remaining mayonnaise. Sandwich with roll tops. Serve.

# Veggie Burger

**Type:** Main/Snack

**Serves:** 8

**Recipe source:** Taste.com.au

**Fresh from the garden:** lettuce, potatoes, tomatoes.

## EQUIPMENT:

Measuring cups  
Measuring spoons  
Large bowl  
Frypan  
Egg flip

## TO SERVE:

2 serving trays

## INGREDIENTS:

500g potatoes, peeled, quartered  
1/2 cup frozen baby peas  
2 medium carrots, peeled, finely  
grated  
100g mushrooms, finely chopped  
1/4 cup plain flour  
3/4 cup seasoned stuffing mix  
1/4 cup vegetable oil  
6 white bread rolls, halved  
6 lettuce leaves  
2 medium tomatoes, sliced  
6 slices tasty cheese  
1/3 Tomato Chutney  
Small bread rolls

## What to do:

1. Cook potatoes in a saucepan of boiling, salted water for 8 minutes. Add peas.
2. Boil for 2 minutes or until potatoes are tender. Drain. Remove to a bowl. Mash well. Add carrots, mushrooms and flour.
3. Season with salt and pepper. Stir to combine.
4. Using your hands, shape potato mixture into 6 patties. Place stuffing mix on a plate. Coat patties in stuffing mix.
5. Heat oil in a frying pan over medium heat. Cook patties, in batches, for 2 minutes each side or until golden and heated through.
6. Drain on paper towel.
7. Top bun bases with lettuce, tomato, patties, cheese, chutney and bun tops. Serve.

# Chicken Burger

**Type:** Lunch    **Serves:** 30 tastes    **Recipe source:** healthylunchbox.com

**Fresh from the garden:** eggs, onion, tomato, mushrooms, celery, parsley, lettuce, cucumber,

## EQUIPMENT:

Knife  
Chopping boards  
Bowl  
Platter  
Measuring cups & spoons  
Wooden spoon  
frypan

## INGREDIENTS:

### Pattie recipe:

500g chicken mince  
100g mushrooms, roughly chopped  
1 stick celery, roughly chopped  
1 onion, roughly chopped  
Parsley  
1 egg  
2 T soy sauce  
 $\frac{1}{2}$  - 1 cup breadcrumbs  
Little flour to shape patties  
Olive oil

### To serve:

Bread rolls (hamburger or slider)  
Sweet chilli sauce  
Lettuce  
Tomato, sliced  
Cucumber, sliced

## What to do:

1. Place mince in a large bowl and mix pattie ingredients together thoroughly.
2. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture.
3. Divide mixture into small pattie size and shape with a little flour.
4. Place oil in the frypan and cook for 4-5 minutes until brown and cooked through.
5. Serve on a roll with lettuce, tomato and cucumber slices.