

# chilli beef burgers



## ingredients:

### beef patties

500 g ground beef  
3 crushed weet-bix  
1 egg  
1 onion finely chopped  
1 tsp crushed chilli  
1 tbs mixed herbs  
dash of plain flour  
squirt of tomato sauce  
squirt of bbq sauce

extra flour  
1 extra crushed weet-bix (if needed)

### burger accompaniments

burger buns  
tomato slices  
beetroot slices  
pineapple slices  
onion jam  
lettuce  
sauce to taste  
aioli or plain mayo

**step one:** Place all ingredients for the beef patties into a large mixing bowl except the egg and mix together. Once

combined, add the egg and continue to mix.

**step two:** If the mixture is a little 'sloppy', add the extra crushed weet-bix and a little extra flour. Form into six patties and coat with flour. Place into the fridge for at least 30 minutes before cooking (if time permits).

**step three:** Cook on stove top or bbq for approx. 5 - 6 minutes turning 3 or 4 times to ensure cooked through, but don't over-cook them as they will dry out.

**step four:** Serve with burger buns that have been toasted on the bbq grill and the other listed ingredients allowing everyone to 'make their own'.

## helpful hints:

- [Weet-bix](#) is an Australian product and can be substituted with any whole-wheat breakfast biscuit such as Weetabix.
- I like the burger bun toasted and also grill the pineapple - yum.
- Vary cooking time in accordance with the size of the patty you make.
- Add more or less chilli to suit.

*Enjoy!*