

ASIAN STYLE – BEEF BURGER



INGREDIENTS

- 1 packet of Dara prime mince beef (400g)
- Olive oil
- 1 cloves of garlic
- 2 red onion
- 1 egg , lightly beaten
- 4 buns lightly toast
- 1 large carrot, peeled into ribbons
- 1 cucumber, peeled into ribbons
- 80g baby rocket leaves
- ¼ cup mayonnaise
- 550g pea sprouts, trimmed



Prep Time : **10 min**



Cook Time: **5 min**



Ready In: **15 min**

INSTRUCTIONS

Combine the mince beef, garlic, curry paste, onions and egg . Season and shape into 4 burgers.

Preheat the barbecue flat-plate or pan to moderately-high heat. Lightly brush the burgers with oil and place the burgers on the barbecue or in the pan, reducing the heat to medium.

Cook for 5 to 6 minutes each side or until cooked to your liking, turning the burgers once.

Serve burgers on toasted buns with rocket, cucumber, carrot, sprouts, mayonnaise, coriander and mint leaves and hot chilli sauce, if desired.