

Ready in 25 mins

# Brilliant Burgers

Serves  
4

## Ingredients

- 1 Pack Minced Beef, Lean (500g)
- 1 Garlic Clove
- 2 Small Onions, Sliced
- 2 Tablespoons Flat-Leaf Parsley, Optional
- ½ Teaspoon Mixed Herbs, Level Spoonful
- 1 Tablespoon Vegetable Oil
- 4 Burger Buns
- 2 Tomatoes
- 4 Lettuce Leaves
- 3 Tablespoons Reduced Calorie Mayonnaise
- 2 Teaspoons Mustard, Mild



## Method

1. Heat the oven to 230°C / 210°C fan oven / 450°F / gas mark 8.
2. Peel and finely chop one onion; crush the garlic then wash and chop the parsley.
3. Use a wooden spoon to combine the mince, garlic, chopped onion, parsley and dried herbs together.
4. Divide the mixture into equal sized balls using your hands and place on the baking tray, then flatten to make a burger. Lightly brush the top of each burger with oil.
5. Bake the burgers for 10-15 minutes until they are cooked through, with no redness remaining and juices running clear.
6. Meanwhile, peel and finely chop the second onion. Wash and slice the tomatoes and wash and shred the lettuce.
7. Combine the mayonnaise, onion and mustard in a bowl to make a mayonnaise topping.
8. When cooked, lift burgers on to the buns. Top them with the tomato slices, lettuce and mayonnaise topping. Serve immediately.

**TIP** Why not watch our 'cook-a-long' video with the kids and make the recipe together.

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