

Veal Mince & Mushroom Burgers



Serves 4 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

1 small onion, chopped
150g small cup mushrooms
450g lean minced veal or beef (lamb can also be used)
50g fresh wholemeal breadcrumbs
5ml/1 tsp dried mixed herbs
15ml/ 1 tbsp tomato puree
plain flour, for shaping
salt and ground black pepper
relish,
lettuce,
burger buns or pitta bread, to serve

1. Place the onion and mushrooms in a food processor and process until finely chopped . Add the veal, breadcrumbs, herbs, tomato puree & seasoning. Process for a few seconds, until the mixture binds together but still has some texture.
2. Divide the mixture into four, then press into burger shapes using lightly floured hands.
3. To cook, place the burgers on a microwave proof roasting rack & microwave, uncovered, for 6-7 mins, turning over once. Leave to stand for 2-3 mins .
4. Or, for a browner & crisper result, preheat a microwave browning dish acc. to the manufacturer's instructions. Add the burgers, pressing down well on to the base & microwave on HIGH for 5-5½ mins, turning over once. Leave to stand for 2-3 mins. Serve with relish & lettuce, in burger buns or pitta bread.
5. This recipe is suitable for cooking in a combination microwave. Follow the oven manufacturer's timing guide for good results.