

Beef Burgers



These colourful, healthy burgers are really going to help you get your grill on this summer.

Ingredients

500 g beef mince

80 g baby spinach leaves

80 g sun-dried tomatoes, chopped

1 egg, beaten

Method:

1. In a large bowl, place all the ingredients and season well with sea salt and cracked pepper.
2. Divide the mixture into 4 equal portions.
3. Roll each into a ball and then flatten with the palm of your hand, so they are roughly 1 cm thick.
4. Using your thumb, make an indentation into the centre of the patty (this helps to keep the patties a consistent thickness when cooking).
5. Once made, place on a plate and refrigerate for 30 minutes.
6. Preheat the BBQ to high.

7. Place the patties directly on the grill and press down with the back of a spatula.
8. Reduce heat to medium, cook for 5 minutes, turn and gently press down again, cooking for another 5 minutes.
9. When the patties are cooked through, remove from the BBQ and set aside, covered with foil, to rest.