

Healthy Cheese Burger



A juicy cheeseburger so good, that the kids would never suspect there were vegetables in it.

Ingredients

- 1 onion
- 1 carrot
- 1 celery stalk
- 200 g mushrooms
- 3/4 cup walnuts
- 1 1/2 tsp smoked paprika
- 1 tsp tomato paste
- 500 g lean beef mince
- 1 egg
- 1 cup broccoli, grated
- 6 wholemeal buns
- 6 slices cheddar cheese

6 lettuce leaves

2 tomatoes, sliced

Method:

1. In a food processor, pulse the onions, carrots, celery until coarsely chopped. Remove and transfer to a bowl. Then add the mushrooms and walnuts in the food processor and pulse until you have a loose meal.
2. In a frypan over medium heat, drizzle some olive oil and cook the carrots, onions and celery for 5-6 minutes until softened, then add the mushrooms, walnuts, smoked paprika and tomato paste. Cook for a further 3-4 minutes until the liquid from the vegetables has evaporated.
3. Take the pan off the heat, transfer to a large bowl and let it cool before adding the minced meat, egg, and broccoli. Season with salt and pepper. Mix well with your hands and form into patties.
4. Pan fry patties over medium high heat in a non-stick fry pan. When brown, flip over and top with a slice of cheese. Cook until the cheese has melted and the meat is cooked.
5. Assemble the burger with lettuce, tomato, the pattie and your choice of condiments.