



Recipe Cornish beef burgers

Serves Four

Ingredients

- 1kg minced beef
- 1 small chopped onion
- 1 chopped clove of garlic
- 1 handful of fresh white breadcrumbs
- 1 medium egg, beaten
- 1 tablespoon fresh parsley, rinsed
- A splash of Worcestershire sauce
- A pinch of salt and pepper to taste

Directions

Ask a grown up to help you and wash your hands. Mix minced beef, onion, garlic, breadcrumbs, egg, fresh parsley, Worcestershire sauce, salt and pepper. Whizz the ingredients in a food processor to combine. Use a burger press to form the burgers about 2cm thick or just mould the mixture in your hands. Wash your hands again after handling raw meat. Grill for 4-6 minutes on each side until cooked right through and there is no pink meat inside. To check burgers are properly cooked, prick with fork to see if juices run clear. Serve in fresh bread rolls with some lettuce.