

# Supercharged meat patties – 4 ways

Food Foundations • another NAQ Nutrition program

## Ingredients – Basic Beef Patties

### Serves: 20

- 1 kg lean premium beef mince
- 1 onion, finely diced
- 4 cloves garlic, crushed
- 2 eggs, lightly beaten
- 2 tablespoons dried mixed herbs
- 2 carrots, finely grated
- 2 medium zucchinis, finely grated
- 400g kidney beans
- 6 slices wholemeal bread
- Spray oil for cooking

Easily create 3 new flavoured patties by using this base recipe and swapping some of the ingredients.

### Lamb Pesto

- Use lean lamb mince
- Add 3 tablespoons of nut free basil pesto

### Asian Style Chicken

- Use lean chicken mince
- Add 2 tablespoons each of crushed ginger and soy sauce
- Use cannellini beans instead of kidney

### Curry Beef

- Add 3 tablespoons of mild curry paste
- Serve with minted yoghurt dipping sauce

## Method:

1. In a large bowl add mince, onion, garlic, eggs and dried herbs.
2. Squeeze excess moisture from carrot and zucchini and add to mince.
3. Rinse and drain kidney beans then mash with a fork or blitz in a food processor until smooth. Add to mince.
4. Wet bread to soften and squeeze out most of the excess water. Break bread up and add to mince.
5. Thoroughly combine all ingredients using clean hands.
6. Shape mince into 20 even size patties or meatballs.
7. Bake, at 180 degrees Celsius, or panfry on medium heat until cooked through.

Food Group	Serves provided per portion
Grain cereal foods	0.3
Vegetables	0.3
Lean meats	0.9