

Supercharged meat patties – 4 ways

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Ingredients 20 serves

Basic Beef Patties

- 1kg 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

Variations

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

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.