

Healthy hamburger patties – Minced (ground) beef

Premium minced beef



Cheap minced beef



Premium mince has less fat but is more expensive



Cheap mince nearly always has lots of fat

Hamburger mince has more fat than premium mince but less than cheap mince. In Australia, you can't make a nutrition claim, like diet or lean, without showing the fat content. If there is no nutrition claim, the fat content doesn't have to be displayed.

Healthy hamburger patties – Herbs & spices which work well with beef

Cumin seed



Cumin



Italian mixed herbs



Rosemary



Basil



Chilli



Sage



Thyme



Parsley



Healthy hamburger patties – Binders - help the patty stick together

Eggs bind
(act like a glue)
when they are cooked



Flour binds when it is
cooked. You can use plain or
wholemeal.



Besan also
binds when it is
cooked. Besan
(Gram flour) is
made from
chickpeas. It gives
a nice taste to the
patty



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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