

# Hamburger meat patties – makes 6 patties



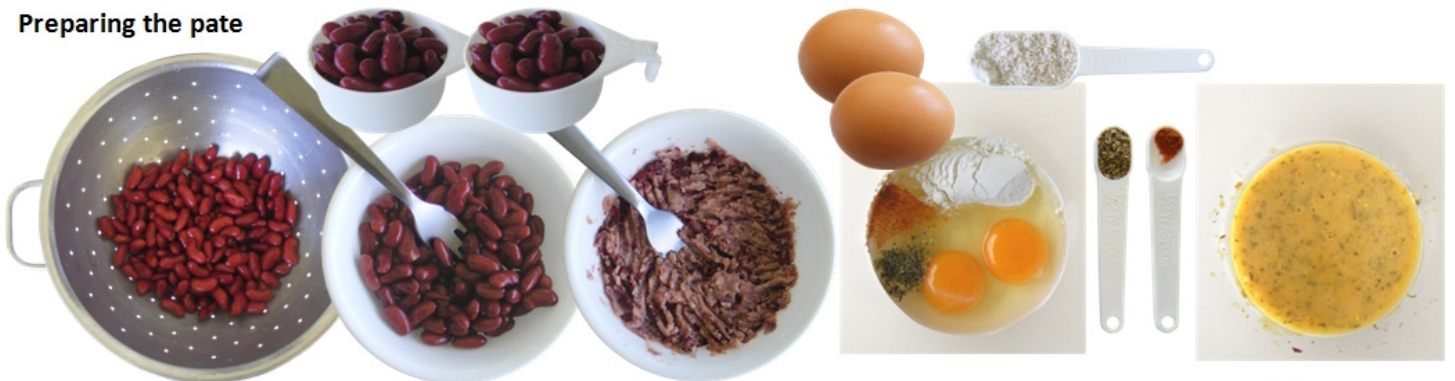
## Equipment



## Ingredients



## Preparing the pate



- 1 Drain and wash tinned beans
- 2 Measure 2 ½ cups of beans into a bowl and mash
- 3 Crack eggs into bowl and add wholemeal or plain flour, chilli and Italian herbs
- 4 Whisk



- 5 Add meat
- 6 Add mashed beans
- 7 Mix



**8** Dust board with flour  
**Cooking**



**9** Measure 1/3 cup of raw bean & meat mix



**10** Dust with flour and roll into a ball



**11** Flatten patty



**12** Spray frying pan with oil



**13** When the frying pan is hot carefully add the patties. Cover with lid

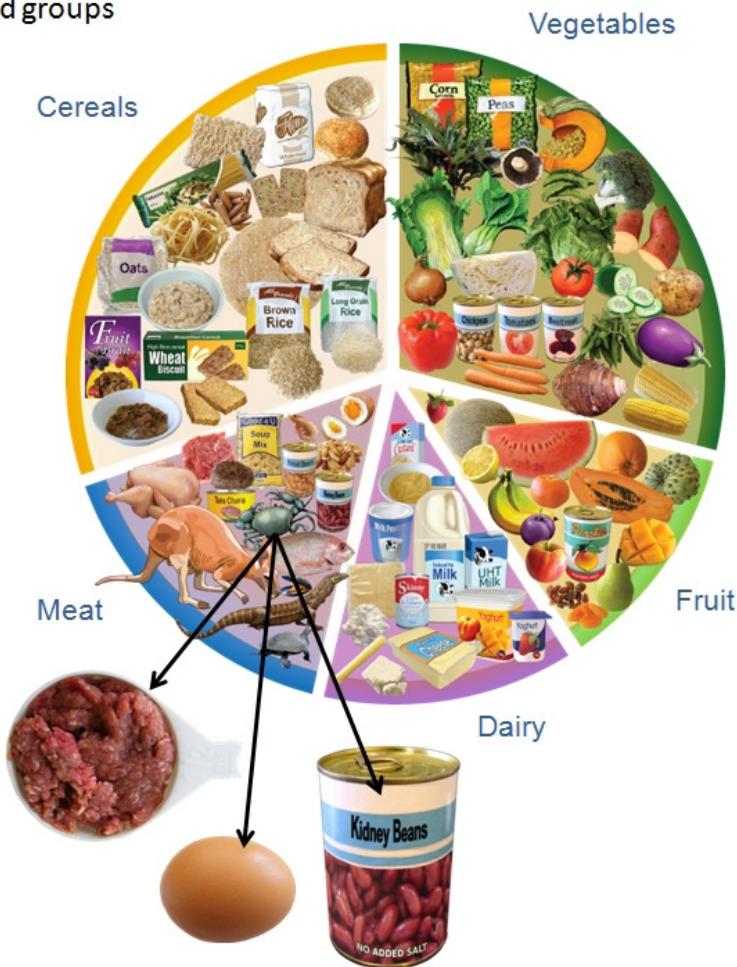


**14** Cook the patty for 5 minutes. Then push the pates on to the spatula and flip them



**15** Cook the pate on both side to make sure it is cooked all the way through

**Food groups**



Serves in 1 meat & bean burger pate



½ serve of protein (meat and vegetable)

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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