

# Hamburger meat patties – makes 6 patties



## Equipment



## Preparing the patty



**1** Crack egg into bowl and add plain flour, chill, Italian herbs and salt

**2** Wisk



**3** Add meat

**4** Mix



**5** Dust board with flour and measure 1/3 cup of raw meat mix

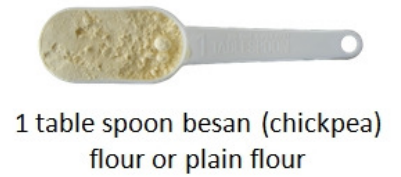


**6** Dust with flour and roll into a ball



**7** Flatten patty

## Ingredients



**Cooking**



**8** Spray frying pan with oil

**9** When the frying pan is hot carefully add the patty

**10** Cook the patty for 5 minutes. Then push the patty on to the spatula and flip it

**11** Cook the patty on both side to make sure it is cooked all the way through

**Cook you hamburger properly**



Germs are alive



When the patty has just been turned the first time. The middle is still raw



Germs are dead

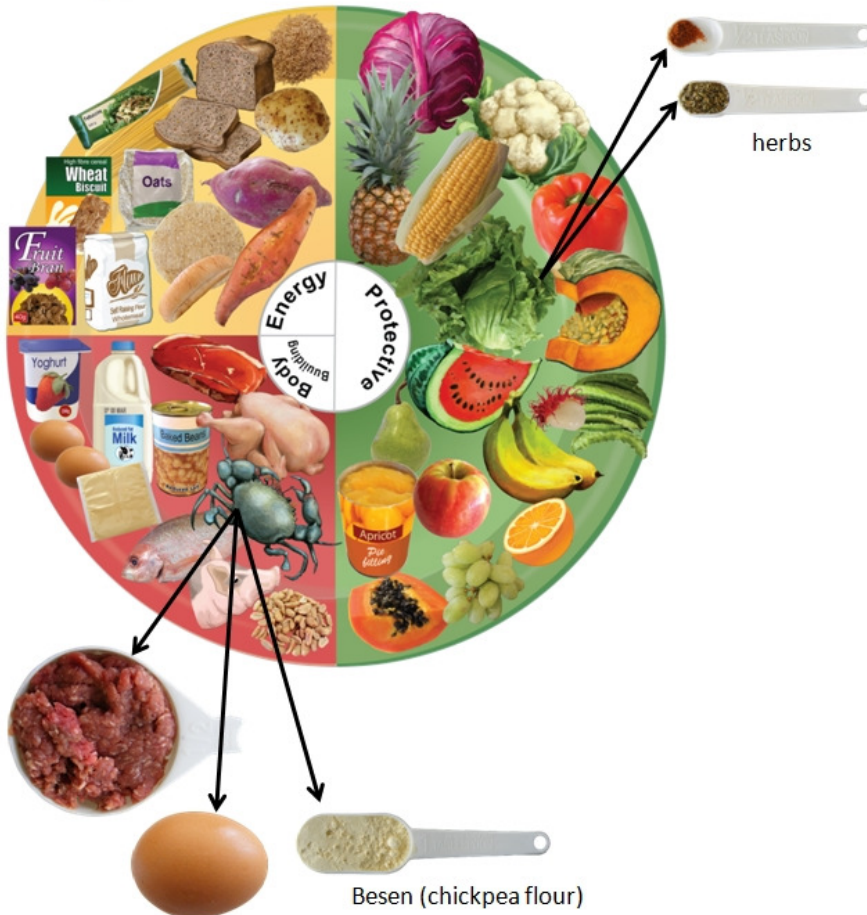


When you have finished cooking all the bacteria must be dead



If you test with a thermometer the middle of the patty must get above 74 degrees

**Good food plate**



**Serves in 1 hamburger patty**



2/3 serves of meat

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

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **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.

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