

# Hamburger meat patties – makes 6 patties



## Ingredients



4 x 1/2 cups lean mince



1 egg



1/2 teaspoon mixed Italian herbs



1/8 teaspoon of chilli powder



1/4 teaspoon of salt



1 table spoon besan (chickpea) flour or plain flour



Flour for dusting

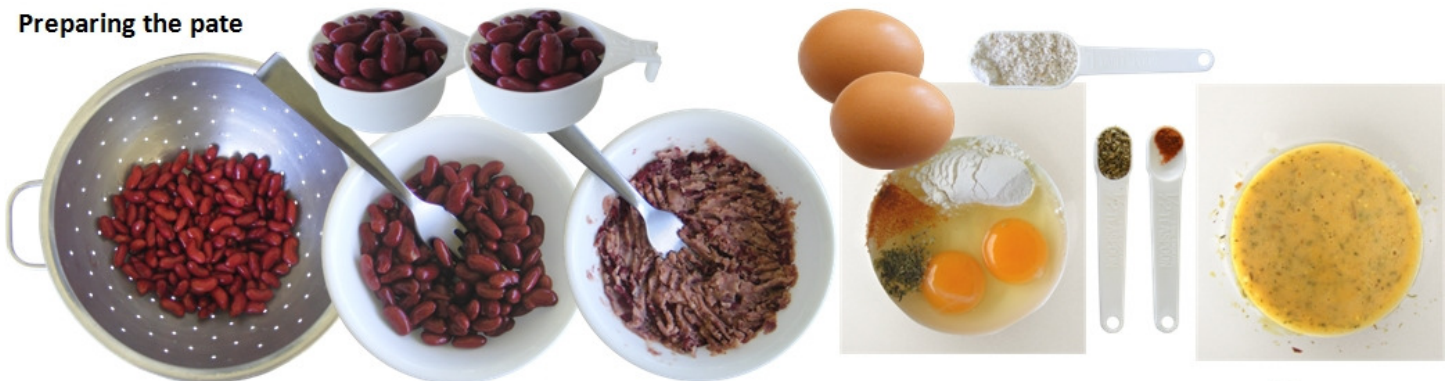


canola oil spray

## Equipment



## Preparing the patty



1 Drain and wash tinned beans

2 Measure 2 1/2 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

**Good food plate**



Serves in 1 meat & bean burger pate



1/2 serve of protein (meat and vegetable)

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### **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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