

MINI HAMBURGERS

UTENSILS:

Chopping board, chef's knife, pastry cutter, medium bowl, spoon measures, 1/3 cup measure.

INGREDIENTS:

Thick sliced bread, or hamburger buns

200g minced beef

2 tbs dry breadcrumbs

1/2 onion finely diced

2 tsp Worcestershire sauce

1 tbs tomato paste

1 tsp mixed dried herbs

1 egg

1/3 cup olive oil

3 slices tasty cheese, quartered

10 Spinach leaves

Hummus or Tzatziki

Salt & Pepper to taste

Cocktail sticks, to serve

METHOD:

- 1. Use pastry cutter to cut out rounds to cut the top and bottom of your burger.**
- 2. Toast the bread rounds and set aside.**
- 3. Finely dice onion**
- 4. Cut cheese into quarters**
- 5. Wash spinach and pat dry**
- 6. Place the minced beef, breadcrumbs, grated onion, Worcestershire sauce. Tomato paste, mixed herbs in a bowl.**
- 7. Season with salt and pepper and mix well together**
- 8. Form small burgers, the size of the bread rounds.**
- 9. Heat oil in a large, non stick frypan**
- 10. Fry burgers for 1-2 minutes each side**
- 11. Spread Hummus or Tzatziki on one side of each piece of toast**
- 12. Place burger on top of toast, then cheese, spinach and place toast on top. Place the cocktail stick in the middle to secure.**