



# Butcher King Burgers

tasty, juicy and healthier!

## Ingredients

500g minced beef  
1 onion chopped  
1 egg  
2 cooked beetroot grated  
Burger rolls  
Mixed salad  
Burger toppings

## Method

Place the mince, chopped onion and egg into a bowl and mix well. Next add the grated cooked beetroot if you are feeling adventurous you can also add your choice of spices and herbs such as smoked paprika and garlic, or lime and coriander for some extra flavour. BBQ or grill the burgers, turning once until cooked. Add to a burger bun along with some crunchy fresh salad and your choice of topping – onion, cheese, pickles, relish.

**Top Tip** - Other grated vegetables such as courgette, carrot or pepper all work well in this recipe if you can't source cooked beetroot (apple can work well in a pork burger) serve with sweet potato fries for an extra tasty and healthy treat. Why just stick to a burger, this recipe works well for meatballs too.