

**GF Friendly**

**Chilli Burgers**

**An easy variation on the standard beef burger**

I know, I know – another burger recipe; but they are popular and so versatile. You can have them in a bun; with vegetables and gravy; or with chips as we did plus the baked beans and fried onion. This one is a little different taste-wise, and you can experiment with flavouring by adding other spices; substituting barbecue sauce instead of tomato; and even put some Panko crumbs in the breadcrumbs to make it crunchier; although if you do this they will no longer be gluten free.

- 200g beef mince
- 1 Tbsp finely chopped onion
- 2 Tbsps breadcrumbs
- 1 Tbsp seasoned flour
- 1 Tbsp tomato sauce
- ½ tsp chilli powder
- 1 tsp Worcestershire sauce
- Olive oil, or other for frying
- 1 beaten egg



You'll need a mixing bowl and suitable dishes for the flour and breadcrumbs; plus another bowl for the egg. Also have a cutting sheet handy.

Mix the chilli powder and chopped onion with the breadcrumbs in one dish. Put the flour in a separate one and mix in a shake of salt and pepper if desired. Have the beaten egg close by.

Put the mince in a bowl, add half of the beaten egg, the tomato sauce, Worcestershire sauce, and your choice of spices; maybe even a teaspoon of beef stock powder. Combine these together with the back of a fork. Divide into two and form into balls by hand; roll each in the flour then flatten slightly on the cutting sheet, gently pressing out any breaks. Next, dip them first in the egg; then into the breadcrumbs, coating both sides. Rest in the fridge for 30 minutes. Finally, fry until golden brown, turning carefully.

Serves 2 with vegies, or chips and salad okay to freeze

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