

## BEEF AND BEETROOT BURGERS

HEALTHY  
PICK



Makes 8



Prep Time 15 minutes



Cook Time 8-10 minutes



### INGREDIENTS

- 1 onion, finely chopped
- 450g can **Wattie's Sliced Beetroot**, drained
- 500g lean beef mince
- 1 cup fresh breadcrumbs (2 slices toast bread)

### METHOD

1. Heat a dash of oil in a pan and cook the onion over a low heat until soft. Set aside to cool.
3. Finely chop **Wattie's Sliced Beetroot** and put into a mixing bowl. Add beef mince, cooked onion, breadcrumbs, parsley, horseradish and egg. Season with salt

- ¼ cup chopped parsley
- 2 Tbsp prepared horseradish
- 1 egg
- 8 burger buns, cut in half and toasted

***Toppings of your choice:***

- Lettuce leaves
- Gherkins
- Pickled red onions\*
- **HEINZ [SERIOUSLY] GOOD™ Mayonnaise**

and freshly ground black pepper. Form into 8 burger patties. Refrigerate for 30 minutes.

4. Heat a little oil in a frying pan and cook the burger patties over a medium low heat for approx. 4-5 minutes on each side until cooked.
5. Serve in toasted buns with toppings of your choice: lettuce, gherkins, pickled red onions\*, **HEINZ [SERIOUSLY] GOOD™ Mayonnaise** and an extra dollop of horseradish if wished.

## **TIPS**

\* ***Pickled red onions:*** Combine ¼ cup red wine vinegar, ¼ cup cold water, 1 tablespoon sugar and 1 teaspoon salt in a bowl. Add 1 thinly sliced red onion and allow to sit for 1 hour. Drain before serving.