



Ginger Beef Patties

Ingredients

- 600-800g Mince
- 2 carrots, grated
- 2 zucchinis, grated (squeeze water out)
- 1/4 cup chopped coriander leaves
- 4 garlic cloves, chopped finely
- 1 heaped tablespoon finely grated fresh ginger
- 1 tablespoon sesame oil
- Himalayan salt & fresh ground pepper

*** 1/4 cup chopped fresh mint is yummy in this recipe too

Goes Well With:

- Vietnamese Noodle Salad
- Salad or Vegetables of your choice
- Lebanese Wrap (Take for lunch)

Tip:

- >> These patties are great made ahead for the week to pack for lunches or dinner ahead
- >> Freeze and defrost when you don't feel like cooking

How to Freeze Burgers

Place patties in a single layer or stack and separate layers with non-greased freezer paper. Insert carefully into a container or freezer bag, lay flat in the freezer (if you have the room), and consume within three months.



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Method

1. Place all the ingredients in a large mixing bowl and using your hands, gently mix until the ingredients are combined.
2. Depending on how big you want your patties, roll into balls about twice the size of a golf ball. Form each into a patty about 2cm thick. To ensure more even cooking, make a 1cm indentation with your thumb in the center of the burger. Handle the patties as little as possible; do not work more than necessary.
3. Heat BBQ > medium to high heat or alternatively heat a little olive oil in a pan on medium to high heat.
4. Place the burgers in pan or on the grate and grill until well seared on both sides.

Cooking Time:

BBQ > about 4-5 minutes for medium rare or 5-6 minutes for medium. Transfer to serving platter and serve immediately.

Frypan > Cook until well seared on both sides, 8 to 10 minutes for medium rare or 10 to 12 minutes for medium.

Tip:

>> To squeeze water out of zucchini, use clean hands or a muslin cloth.