

Fresh for Kids®

carrot & zucchini hamburgers



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Ingredients:

400g lean beef mince
1 egg, lightly beaten
1 small carrot, grated
1 small zucchini, grated
salt and ground black pepper
1 medium ripe avocado
2 tsp lemon juice
8 small wholemeal dinner rolls or 4 hamburger buns, split
sliced ripe tomatoes, to serve
butter lettuce leaves, to serve
tomato sauce, to serve

Method:

1. Place beef mince, egg, carrot, zucchini and salt and pepper to taste in a medium bowl. Mix well to combine. Form mixture into 8 patties. Place patties on a tray lined with baking paper, cover and refrigerate for 30 minutes.
2. Preheat a greased barbecue plate or large frying pan on medium heat. Cook patties for 3–4 minutes on each side or until just cooked through. Transfer to a plate, cover and keep warm.
3. Mash avocado with lemon juice in a small bowl until smooth. Toast dinner rolls or hamburger buns. Spread bases of toasted rolls or buns with mashed avocado. Top each with a butter lettuce leaf, sliced tomato, 1 or 2 patties* and a drizzle of tomato sauce. Cover with roll or bun tops and press firmly. Serve immediately.

Health benefits of carrots:

- Crunchy a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.
- The old adage that carrots help you see in the dark comes from their high content of beta carotene which the body converts to vitamin A. Healthy eyesight depends on adequate vitamin A.

**Note: Use 1 patty per burger on dinner roll mini-burgers and 2 patties per burger for jumbo hamburgers.*

Makes: 8 mini hamburgers or 4 jumbo hamburgers

Preparation: 25 minutes (+ chilling time)

Cooking: 6–8 minutes

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