

Beef burgers

INGREDIENTS

- 1 Kg Beef mince
- 4 Tsp Paprika
- 3 Tsp Black pepper
- 2 $\frac{1}{2}$ Tsp Salt
- 1 Tsp Cumin
- 1 Tsp Coriander
- 1 Egg

Additional:

- $\frac{1}{2}$ Cup Grated Cheese

Note: you can replace the beef mince with venison or chicken if prefer.

METHOD

Mix all the spice in a bowl together. In a separate bowl mix mince, egg and $\frac{3}{4}$ of spice mix, combine well. Shape patties into desired size and lightly sprinkle with spice mix.

To Freeze: Place wax paper between patties before freezing.

To Cook: Cook patties from frozen or defrost if prefer.



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