

McMummy Burgers

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

500g beef or lamb mince

½ cup dried breadcrumbs

1 carrot, finely grated

1 onion, grated

1 egg

½ teaspoon salt

1 tablespoon oil

buns, lettuce, tomato and cheese, for serving

Extra Special Sauce

¼ cup tomato sauce

2 tablespoons mayonnaise

1 teaspoon French mustard

Combine all ingredients except oil together and form into burgers with wetted hands. Heat oil in a large non-stick frying pan and cook burgers, covered, for 5 minutes or until golden brown on underside. Turn over and cook, covered, for a further 3 minutes until cooked through. Serve in buns with lettuce, tomato, cheese and Extra Special Sauce.

Extra Special Sauce – combine all ingredients together and use as required.