

Arabic Spiced Steak Burgers

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Ingredients

- **175g** Extra Lean Mince
- **10-15g onion** – grated
- **½ tsp.** cumin and coriander
- **Dash** nutmeg
- **Garlic** granules
- **Pinch** of Salt



*A great spicy twist
on a deliciously
meaty classic...*

Cooking method

TO COOK

1. Preheat your oven to 220C.
2. Place the mince into a bowl with the onion and add all of the seasonings.
3. Mix everything together with your hands until well combined.
4. Spray a little oil onto a baking tray.
5. Form the mix into two patties and place in the tray.
6. Pop them in the oven and bake them for 20 minutes.
7. Once cooked, plate up and serve inside a pitta pocket with your fave burger toppings.

Serves: 2

35g
PROTEIN

188
CALORIES

3g
CARBS

4g
FAT

1g
FIBRE