



CLASSIC BEEF BURGER PATTIES WITH A MUSHROOM TOPPING

This Thai red curry is really quick and easy, hence the name. The curry paste you use will determine the flavour and spiciness of the meal. Exchange the chicken fillets in this recipe for prawns, pork fillet or tofu, if preferred.

SERVES 4 – 6

INGREDIENTS

500 g lean beef mince
20 ml (4 tsp) ground coriander
10 ml (2 tsp) ground cumin
75 ml (5 tbsp) chopped fresh Italian parsley
1 extra large egg, beaten
60 ml (¼ cup) uncooked ordinary oats
salt and pepper to taste
30 ml (2 tbsp) olive oil
1 large onion, quartered and thinly sliced
3-4 large brown mushrooms, thickly sliced
10 ml (2 tsp) wholegrain mustard, or more to taste

METHOD

1. Place mince in a large bowl and break it up with a big fork. Add remaining ingredients except the oil, onion, mushrooms and mustard. Season to taste. Mix well with a wooden spoon or by hand.
2. Shape mixture into 4-6 large even-sized patties and flatten slightly with the palm of your hand (see tip).
3. Heat an AMC 24 cm or 28 cm Long Handle Chef's Pan

over medium temperature until the Visiotherm® reaches the first red area.

4. Pour half the oil into the pan and fry the patties on both sides until golden brown and cooked to your preference. Covering the patties with the lid for the last few minutes of frying results in perfectly juicy patties. Spoon out and keep warm.
5. Add the remaining oil to the pan and sauté the onion for a few minutes. Add the mushrooms and continue frying until golden brown and cooked. Stir in the mustard and season to taste.
6. Serve patties on your choice of burger buns, with lettuce, tomato, gherkins and a good spoonful of the mushroom mixture. Or add any other of your favourite burger toppings.

TIPS

- To save time, mix and shape the patties in advance. Cover and allow to rest in the fridge until you are ready to fry and serve.