



Barbitec's Best BBQ Burgers

*500g beef mince (normal not lean, if you can still get it!)
2 garlic cloves
2 tbsp. sundried tomatoes
1 tbsp. Dijon mustard
½ tbsp. wholegrain Dijon (optional)
1 large onion
1 cup breadcrumbs (made fresh from 3 slices of toasted bread)
1 tsp fresh parsley
1 glug Extra virgin olive oil
½ tsp cracked pepper
½ tsp sea salt or 1 tsp Malden salt (this is slightly milder)*

Method (this is the easy bit)

You will need a small hand blender for this as it makes it easier and quicker!

Place the mince in a bowl

Toast the bread and put to one side

Cut the onion in to quarters and place in mixer, add the garlic cloves, sundried tomatoes, Dijon, parsley, and mix lightly, add the pepper and salt.

Put this mixture in to the bowl where the mince is and mix well with a spatula or your hands.

Shred the toast into the mixer and mix until you have medium sized breadcrumbs put them into the bowl and mix into the mince mixture a bit at a time, it should start to get thicker and bind together well. Finally add a glug of the oil and you are ready to make them up.

I find the easy way of doing this is to use a round pastry cutter, just place it on a board and push the burger mix into it so that its about ½ inch thick then turn it upside down and knock it out, there you have perfect round burgers.!

Brush with a little EVOO and cook to your preference, for me it's about 4/5 minutes each side on the BBQ Grill...

Yum!