Aussie Burger with the Lot

Preparation time:	25 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes

Ingredients

500g beef mince
1 small onion, finely chopped
1 tablespoon tomato chutney, plus extra, to serve
½ cup dried breadcrumbs
5 eggs
salt and pepper
4 cheddar cheese slices
4 (100g) rashes bacon
4 seeded burger buns, halved and toasted
1 avocado, peeled and mashed
1 baby cos lettuce, leaves separated
8 slices canned beetroot

2 vine-ripened tomatoes, sliced
200g pineapple, peeled and thinly sliced (see tip)

Method

1. Place mince, onion, tomato chutney, breadcrumbs and one of the eggs in a medium bowl. Season with salt and pepper and mix well to combine. Divide the mixture into 4 equal portions and form into patties.

2. Heat a large lightly greased non-stick frying pan over medium heat. Add the burger patties and cook for 3 minutes. Turn and top with a cheese slice. Cook for a further 3-4 minutes or until cheese is melted and patties are cooked. Set aside and keep warm. Wipe out pan.

3. Cook bacon for 2 minutes each side until golden and crisp. Remove. Crack the remaining 4 eggs into the pan and cook for 3 minutes, sunny side up.

4. Spread the base of each bun with avocado. Top with lettuce, beetroot tomato, pineapple, burger patty, bacon and the fried egg. Serve with the extra tomato chutney.

Notes

You can swap out the fresh pineapple with 4 thin slices tinned pineapple.

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Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
627g	**3620**kJ **865**kcal	**70.3g**	**36.1g**	**13.4g**	**56.8g**	**17.3g**	**2530mg**	**12.9g**

All nutrition values are per serve.