

Egg-In-A-Hole Beef Burgers



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Every summer involves a good old fashioned BBQ for a majority of Australians - whether it's Christmas Day, Boxing Day while watching the cricket or simply a pool party or Sunday arvo get together - we love a good barbecue. One of the best things to cook on the BBQ is definitely a beef burger and this version below makes it easy to add the egg to the pattie, without having to cook it separately and run everywhere!



Ingredients

300g lean beef mince

½ cup (approx. 1 small) grated zucchini

2 tsp dried Italian herb mix

Salt and pepper

- 2 tbsp vegetable oil
- 1 large brown onion, thinly sliced
- 4 large eggs
- 4 soft hamburger buns, split
- 4 slices cheddar cheese
- 4 green oak leaf lettuce leaves
- Tomato sauce and mustard, to serve

Method

1. Place beef, zucchini and herb mix in a bowl. Season with salt and pepper. Mix well to combine. Divide mixture into 3 even portions and shape each portion into a 1.5cm thick, 10cm diameter patty. Using a 5cm diameter cup or cutter, cut the centre from each patty. Use the cut-out mince to form a 10cm ring for your fourth patty.
2. Heat an oiled barbecue plate (with hood) over medium-high heat. Place onion to one side of the flat plate. Cook, turning occasionally, for 5-7 minutes or until golden. Transfer to a bowl.
3. Meanwhile, place patties on flat plate. Cook for 3-4 minutes or until base is browned. Carefully turn patties over. Reduce heat to medium. Crack eggs into the centre of each patty. Cook, covered, for 5-6 minutes or until egg whites are set.
4. Spray cut side of buns with oil. Toast cut side of buns on chargrill until golden. Remove from heat. Place cheese on base of buns to soften slightly. Top with lettuce, sauces, BBQ onions and patties. Serve sandwiched with roll tops and serve with sweet potato fries and coleslaw.

Notes

- TIP: Once centres are cut from patties, make sure you reshape the inner ring walls to contain the egg.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
345g	2910kJ 696kcal	41.3g	30g	9g	61.5g	8g	1180mg	6g

All nutrition values are per serve.