

Mexican Burger



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes

This burger is a fiesta for your taste buds, featuring a juicy patty seasoned with vibrant Mexican flavours. A delectable fried egg sits on top, supported by creamy guacamole and zesty salsa. Grab the full recipe below.



Ingredients

- 500g lean beef mince
- 5 eggs
- 1 medium red onion, finely chopped
- 1 Tbsp taco spice mix (salt reduced)
- ¼ cup Mexican salsa, extra to serve
- ½ cup dried breadcrumbs

- 1 bunch coriander, chopped
- Olive oil, for frying
- 1 large tomato, seeded, finely chopped
- 1 lime, juiced
- 1 avocado
- 4 seeded bread rolls, split and toasted (see notes)
- 1 baby cos lettuce, leaves separated
- Chipotle aioli, to serve (optional)

Method

1. Place mince into a bowl. Add 1 egg, half of the onion, spice mix, crumbs and 3/4 of the coriander and mix well.
2. Divide mixture into four equal portions and form into 10cm round patties.
3. Cook burgers on medium-low with 2 tablespoons oil on a grill plate (or frying pan) for about 8 -10 minutes each side or until cooked through.
4. Meanwhile, combine the remaining onion, coriander, tomato and half of the lime juice in a bowl and set aside. Coarsely mash avocado with remaining lime juice.
5. In a separate large, non-stick frying pan, heat oil and cook eggs in lightly greased egg rings until cooked to your liking. Remove from pan.
6. Spread bread rolls with chipotle aioli (optional), and top with lettuce, beef patty, mashed avocado, extra salsa and egg.
7. Sprinkle with tomato salsa. Top with bread roll tops and serve.

Notes

- For additional spice, add 2 teaspoons of chopped pickled jalapeno to either the tomato salsa mixture or burger patties (or both for a real kick).
- We used a chipotle flavoured salsa but you can use any variety you like.
- A quick way to toast buns is to place split buns, bread side down in a hot frying pan without oil for a few minutes until toasted.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
486g	2300kj 550kcal	42.4g	22.6g	6.4g	39.3g	7.4g	692mg	7.9g