

# Mexican Burger with Egg & Salsa



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- 400g Lean beef mince
- 1 Egg
- 1 small Onion (diced)
- ½ cup Bread crumbs
- 1 tsp Chilli powder
- ½ tsp Ground cumin
- 2 cloves Garlic (crushed)
- 4 Wholemeal pita bread (small and toasted)

- 1 Tomato (diced)
- ½ Red onion (diced)
- 1 can Kidney beans (200g)
- ½ bunch Coriander (chopped)
- 1 tbsp Olive oil
- ½ Lemon (juiced)
- 4 Green oak lettuce leaves
- 4 Eggs (fried in an egg ring)
- Spray oil (to fry eggs)

## Method

1. Place beef mince into a bowl add egg, onion, crumbs, chilli, cumin, garlic, and mix well. Divide mixture into four equal amounts and form into patties and grill gently on a BBQ or pan-fry until cooked.
2. In a bowl combine tomato, onion, beans, coriander, olive oil and lemon juice, mix well. Place pita bread onto a plate, top with lettuce, beef patty, bean salsa and egg.

## Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
435g	2940kJ 703kcal	56.5g	22.1g	6.5g	62.7g	8.1g	888mg	11.4g
Vitamin D								
7.2µg								

All nutrition values are per serve.