



Harraways Sothern-man Burger Patties.

500g lean mince

90g (1 cup) **Harraways Rolled Oats**

1 T flour

1 medium onion, chopped finely 150g

2 cloves of garlic, chopped finely 36g

2t curry powder (or paprika) 10g

2t mixed herbs (of your choice) 5g

1t ground pepper 5g

1 egg

Coating 1/2 cup **Harraways Muesli Base Roasted Oats and Barley Flakes Unsweetened** (for a Crunchy coating) 45g.

Combined all ingredients (with the exception of the 45g Muesli base) in a large bowl, and then allow to stand in the fridge for 10-15mins to allow flavours to develop.

Then form into patties this mixture will make 6 large burgers patties (130g each) using the 45g (1/2 cup) **Harraways Muesli Base Roasted Oats and Barley Flakes Unsweetened** (for a Crunchy coating)

For best results fry at a moderate heat lightly spray hot surface a Tick approved oil for approx 5mins each side. Then place patties into a moderate heat oven (180°C) to ensure the patties are cooked through.

While patties are in the oven this gives you time to prepare your buns, salads, beetroot etc, so you have time to assemble your favourite burger and share this great experience with your family.

Recommended serving one burger patty 130g which contains Energy 1290kJ, Carbohydrate 19g, sugar 1.8g.



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Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.

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