



**Original burger**



**Makeover burger**

## Ingredients - 10 serves

### Original

White buns	10
Premade burger patties	10
Mayonnaise	150ml
Tomato sauce	150ml
Processed cheese	200g

### Makeover

Wholemeal buns (85g)	10
Lean beef mince	500g
Wholemeal breadcrumbs, dried	100g
Eggs	2
Onion, chopped	80g
Carrot, grated	180g
Parsley, chopped	10g
Tomato ketchup (see link below)	150ml
Tomato, sliced	350g
Beetroot, boiled	350g
Red onion	100g
Lettuce	200g

## Nutrient information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	2460kJ	1553kJ	907kJ
Saturated fat	16.1g	2.2g	13.9g
Fibre	2.5g	7.9g	5.4g
Sodium (Na)	1233mg	512mg	721mg

## Easy changes we made for the healthy way

**We reduced the cost, energy, saturated fat, salt (sodium) and increased the fibre and vegetable content by:**

- using wholegrain buns instead of white burger buns
- making the burger patty instead of using premade patty
- making tomato sauce instead of bought sauce
- removing mayonnaise and cheese
- adding lettuce, tomato, onion and beetroot.

## Method for makeover

1. Combine ingredients for burger patties – mince, breadcrumbs, egg, onion, carrot, parsley.
2. Lightly pan fry or grill the patties.
3. Assemble burgers using the remaining ingredients.

## Tomato Ketchup

Scan QR code for a tomato sauce recipe.

<https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/tomato-ketchup>

