

Beef patty

Assignment task



Ingredients

Serves 2

200 grams lean beef mince

1 egg

1/2 cup dry breadcrumbs

1 carrot, grated

1/4 onion, finely diced

1/4 cup chopped parsley









2 teaspoons tomato sauce/paste/puree

2 teaspoons oil

Method

1. Place the beef, egg, breadcrumbs, carrot, onion, parsley and tomato sauce in a bowl, knead together until well combined.
2. Divide meat mixture into two balls, and flatten into patties.
3. Heat oil in a frying pan over medium heat.
4. Pan fry the patties until they are brown on both sides and no longer pink in the middle.
5. Remove patties from the frying pan and place on a paper towel.

Equipment

-  Bowl
-  Cutting board and knife
-  Frying pan
-  Grater
-  Kitchen scales
-  Measuring cups
-  Measuring spoons
-  Paper towels

Preparation and cooking skills

Chop, dice, fry, grate, knead.