

Hamburger Supreme



169 kcal

Serving 2

20 Mins

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★★★★★ (0)

Calories 169 kcal

Protein Serves 1.25

Carbohydrate 2.7 grams

Cholesterol 0 milligrams

Fat 8.8 grams

Fiber 0 grams

Protein 19 grams

Ingredients

1 tsp Butter
50 g Celery (chopped)
1 whole Egg
1 clove Garlic (crushed)
40 g Green Capsicum (chopped)
0 as per taste Herbs and spices
35 g Mushrooms (common)
40 g Onions (chopped)
120 g Premium Mince Beef
35 ml Tomato Juice
1 whole Ultra Lite Beef Sachet
250 ml Water

Instructions

1. Mix together mince, egg, onion, garlic, herbs and spices and form into small balls
2. Saute' vegetables for approx. 3-4 minutes in 1/2 tsp of butter, adding mushrooms last. Remove from pan and keep warm
3. Using remaining 1/2 tsp butter, cook meatballs, shaking pan lightly to stop them from sticking
4. Combine Ultra Lite sachet and water together and set aside
5. When meatballs are brown, return vegetables to pan, add tomato juice and sachet mixture
6. Cook for a further 3-4 minutes or to your taste