

Bunless Hamburger

Calories: 193 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 15.00 g Cheese (Cheddar) (sliced)
- 1.00 whole Egg
- 60.00 g Lettuce (in full leaves)
- 2.00 tsp Olive Oil
- 120.00 g Premium Mince Beef
- 10.00 g Red Onions (finely sliced)
- 60.00 g Tomato (sliced)

Instructions

1. In a bowl, combine beef, egg and spice mix.
2. Divide mixture into two patties. Add olive oil to a pan and fry patties and egg until cooked as desired.
3. Sandwich patties, cheese, egg, tomatoes and onion between lettuce leaves and serve.