



Reduced carb breakfasts or brunches don't have to be limited to just smoothies and smoothie bowls. These little patties may just revolutionise your routine.

They're great batch prepared and frozen for when you need them, and cook them the night before to make your breakfast time even quicker!

INGREDIENTS FOR 1 SERVING

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 377 Protein 36.7 g Carbs 20.4 g Fat 19.2 g Sugar 9.9 g Sat Fat 8.3 g Fibre 6.6 g Sodium 0.7 g</p> <p>Breakdown of calories per serving</p>	100g	Extra lean beef mince
	45g	Onions, diced
	1 tsp	Dried sage
	6g	Olive oil
	115g	Mushrooms, sliced
	25g	Cheddar cheese, grated
	1/2	Apple, grated
		Salt & Pepper

METHOD

- Take a mixing bowl and add the mince, diced onion, optional grated apple, dried sage and season with salt and pepper.
- Give the mince a good mix until all the ingredients are well incorporated.
- Using wet hands shape the mixture into patties, 2 or 3 but don't make them too thick as they will take longer to cook.
- Put a frying pan on a medium heat and wilt the spinach. Once wilted, put the spinach to one side, give the pan a wipe to remove any leftover liquid.
- Add the oil to the pan and when it's hot add the patties.
- Half way through cooking add the sliced mushrooms to the pan and add a little sprinkling of salt to release a little of their natural liquid (saves you adding more oil).
- The patties are cooked when they are firm to the touch and at this point top them with the grated cheese and cover them for a minute with a lid to melt the cheese.
- Plate up by placing the mushrooms on the wilted spinach and arrange the patties.
- Happy breakfasting!

NOTES

- The recipe is based on using extra lean beef mince with less than 6% of fat per 100g.
- These are also lovely if made using turkey breast mince.
- Adding a little salt to the mushrooms will eliminate the need to add any more oil to the pan as the salt will draw out the mushrooms natural juices.
- Wetting your hands before forming your patties will stop the mince sticking to them.
- The thicker the burger pattie, the longer it will take to cook!