

Low FODMAP Homemade Beef Burgers

Serves: 6

Prep: 30 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
Lean beef mince	500 g	17.6
6 shortcut bacon rashers, diced	200 g	7.1
1 tbsp garlic-infused oil	13 g	0.5
2 tbsp Olive oil (or cooking spray oil)	27 g	1
½ cup oat bran	60 g	2.1
1 cup chives, finely chopped	50 g	1.8
¼ cup chopped fresh parsley	25 g	0.9
1 large egg, whisked	59 g	2.1
1 tsp tabasco sauce (optional or to taste)	5 g	0.2
Salt and pepper, to taste	5 g	0.2
Additional olive oil, to cook burgers		
6 low FODMAP rolls		

Method

1. Heat the oils over a medium heat and sauté the bacon until it starts to crisp. Remove from heat and cool to room temperature (note do not drain as the fat is important for a juicy burger).
2. Place all the ingredients in a large bowl and mix thoroughly. Divide the mixture into 6 equal parts (135g) and roll into balls then pat to flatten and shape (about 8.5cm diameter and 2cm thick). Note, at this stage they can be frozen by separating them by sheets of non-stick paper.
3. Place burgers on a flat tray covered with non-stick paper, cover with plastic wrap and refrigerate for at least 20 minutes. Use this time to prepare the ingredients you plan to serve with the burgers.
4. Lightly oil a non-stick frying pan with additional oil and place over a high heat. When the pan is hot place burgers in a single layer and slightly reduce the heat. Cook for about 4 minutes on each side or until they are completely cooked through. You may need to do this in batches. Note, they can also be barbequed.

Serving Suggestions:

- Lightly toast low FODMAP rolls just before you serve the meal. Alternatively, you can use low FODMAP sliced bread OR Lettuce leaves as buns.
- Per person serve with 1 tablespoon of our low FODMAP chutney, 1 slice of cheddar cheese, 2 slices of tomato, ½ cup shredded lettuce, 2 slices of beetroot and a fried egg. Pickled jalapenos and sliced pickled cucumbers also go well with burgers.

Nutrition Information (per serve)	
Energy	1282 Kj / 306 cal
Protein	25.00g
Carbohydrates	5.50g
Sugar	0.60g
Total Fat	20.10g
Saturated Fat	6.70g
Fibre	2.10g