

Paprika Burgers



Serves 4 35 mins 661 calories / serving Freezable

Ingredients

1 red pepper, quartered and seeded
1 x 500g Finest Aberdeen Angus steak mince
1 red onion, 1/2 coarsely grated, 1/2 finely sliced
1 large garlic clove, finely grated
1 tsp oregano
2 tsp smoked paprika
2 tbsp olive oil
50g mature Cheddar, sliced
4 tbsp mayonnaise
4 white bread rolls or burger buns, such as ciabatta or brioche
4 round lettuce leaves
50g sliced jalapeños, from a jar

Method

1. Heat a griddle pan on a high heat and cook the pepper quarters for 10-15 mins, turning halfway through, until soft and charred.
2. Meanwhile, combine the mince, grated onion, garlic, oregano and 1 tsp of the smoked paprika, mixing well with your hands. Season, then shape into 4 patties. Set aside.
3. Heat 1 tbsp oil in a large, lidded frying pan over a medium heat (lid off). Add the sliced onion and cook for 8-10 mins, stirring occasionally, until soft; remove and set aside. Turn up the heat to medium-high and heat the remaining oil in the same pan. Add the patties and cook for 3 mins on one side. Flip over and lay the Cheddar slices on the cooked sides. Cook, covered, for a further 2 mins, or until the cheese has melted and the beef is cooked through.
4. While the burgers are cooking, mix the mayonnaise with the remaining paprika. Lightly toast the cut sides of the buns on the griddle pan along with the peppers.
5. Spread a layer of the paprika mayo over each bun half. Top the bottom buns with the lettuce leaves, a burger patty, griddled peppers, onions and jalapeños, and top with the other half of the bun.

Little help

You can freeze the uncooked burgers on a tray in the freezer. Once frozen, pop the patties into freezer bags. Place back on a tray to defrost completely in the fridge before cooking them.

Leftovers

Scatter chopped peppers, chillies, and jalapeños over tortilla chips, add a sprinkling of grated cheese and pop under the grill for 5 mins. Serve with salsa and soured cream for a quick and tasty treat - perfect for sharing.

Source: Read more at

<https://realfood.tesco.com/recipes/dees-fingers-crossed-paprika-burgers.html#rxEOoDByPWicxLzR.99>

From:

<http://wuff.dyndns.org/> - **Wulf's Various Things**

Permanent link:

<http://wuff.dyndns.org/doku.php?id=recipes:paprika-burgers&rev=1575244228>

Last update: **2023/05/29 11:53**

