

Hamburger with the Lot

Serves: 1

Prep time: 5 Minutes Cooking time: 10 Minutes

Ingredients:

- 1 hamburger bun
- 1 tablespoon oil
- 1 meat patty (rissole)
- 1 teaspoon Italian herbs
- 1 shortcut bacon
- 1 egg
- 1 slice pineapple
- 1 slice cheese
- 4 slices onion
- 2 slices beetroot
- · tomato slices
- lettuce
- avocado/mayonnaise or butter *Optional
 Tomato or Barbecue Sauce



Who needs the golden archers when you can have this at home

Method:

- Cut bun in half and toast the bun under the grill
- Heat frypan over medium to high heat, add oil and fry onion slices for 2-3 minutes
- Add Italian herbs to meat patty and rub into the meat, add the patty and bacon to the frypan and cook 2 minutes each side or until cooked through. Top the meat with the onion and slice of cheese
- Pan fry the egg
- Butter the bottom of the bun with either *avocado, mayonnaise or butter
- Add to the bun lettuce, tomato, beetroot, meat patty with onion and cheese, pineapple, bacon, egg and sauce, top with the bun lid
- I place 2 skewers into each side of the bun and cut through the centre to serve