



• BLACK BEAN BEEFBURGER •

INGREDIENTS •

- GROUND PGI WELSH BEEF (HILLS BLEND)
- ALEX GOOCH CHALLAH BUN
- MONTEREY JACK & AMERICAN CHEESE SLICES
- SPRING ONION & MUSHROOM SALAD
- BLACK BEAN KETCHUP
- GREEN PEPPER MAYO
- CRISPY ONIONS

EQUIPMENT •

- LARGE FRYING PAN
- SAUCEPAN
- LARGE BOWL OR LID FOR STEAMING
- SPATULA
- SQUARE OF GREASEPROOF PAPER
- KITCHEN ROLL



METHOD •

- DIVIDE YOUR BEEF INTO 110G PORTIONS AND ROLL IN TO TIGHT BALLS(PATTIES). POP IN THE FRIDGE, COVERED FOR AT LEAST 2 HOURS,
- SLICE YOUR BUNS AND TOAST IN A THE FRYING PAN.
- HEAT YOUR FRYING PAN UNTIL SMOKING HOT, PLACE
- TWO OF YOUR BEEF PATTIES IN THE PAN. COVER WITH GREASEPROOF AND PRESS DOWN AS FLAT AS YOU CAN WITH A FLAT SIDED SPATULA OR A HEAVY SAUCEPAN.
- GENEROUSLY SEASON BEEF PATTIES WITH THE ROAST GARLIC SALT ON THE UNCOOKED SIDE.
- COOK THE PATTIES FOR APPROXIMATELY 90 SECONDS
- THEN FLIP AND COOK FOR A FURTHER 90 SECONDS.
- PLACE 1 SLICE OF AMERICAN CHEESE ON ONE PATTY STACK THE PATTIES THEN ADD 1 SLICE OF MONTEREY JACK TO THE TOP PATTY AND ADD THE BUN LID. COVER WITH A LID OR UPSIDE DOWN BOWL/PAN UNTIL ALL OF THE CHEESE IS BEAUTIFULLY MELTED.
- BUILDING YOUR STACK: ADD SOME GREEN PEPPER MAYO, AND BLACK BEAN KETCHUP TO THE BASE, SPRINKLE OVER CRISPY ONIONS AND ADD THE MUSHROOM & SPRING ONION SALAD. TOP WITH THE #MELTYMELTY PATTIES. REPEAT THE PROCESS WITH THE OTHER PATTIES.
- POP YOUR BURGER ON THE HILLS PAPER PROVIDED, TAKE YOUR BEST PIC AND TAG US @HILLSBRECON.

Jewel x