

PaediaSure Shake

Balanced nutrition for the fussy eating phase



BURGERS – TWO WAYS

MAKES: 6

VEGGIE BURGERS

Ingredients

- 300g meat-free mince
- 100g brown or granary breadcrumbs
- 2 x carrots
- 1 x large egg
- ¼ bunch of chives
- Seasoning if required

Method

1. Peel, cut and boil the carrots.
2. Purée the carrots and chives in a food processor.
3. In a large mixing bowl, combine all the ingredients and mix well.
4. Shape into burgers, about 2cm thick.
5. Refrigerate for 1-2 hours.
6. Pre-heat oven to 200°C and cook on a baking tray for 12-14 minutes.

TURKEY BURGERS

Ingredients

- 350g turkey mince
- 50g brown or granary breadcrumbs
- 2 x carrots
- 1 x large egg
- 1 tsp fresh thyme, chopped
- Seasoning if required

Method

1. Peel, cut and boil the carrots.
2. Purée the carrots and chives in a food processor.
3. In a large mixing bowl, combine all the ingredients and mix well.
4. Shape into burgers, about 2cm thick.
5. Refrigerate for 1-2 hours.
6. Pre-heat oven to 200°C and cook on a baking tray for 14-16 minutes.

TIP: Combine with our ‘Yummy’ sweet potato wedges.

Makes 6 burgers approximately 2cm thick when the combined ingredients are split equally.