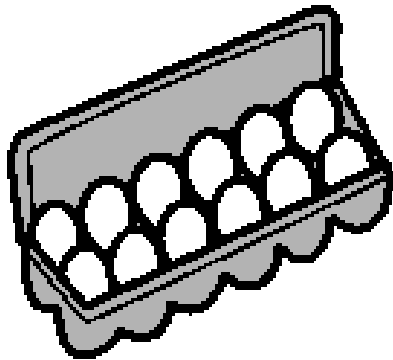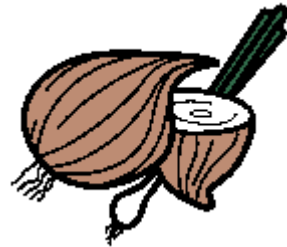# Healthy Burgers

Ingredients
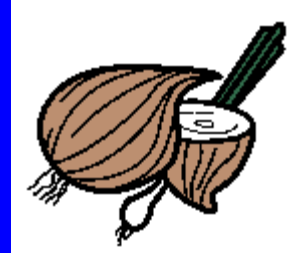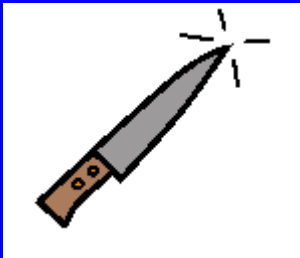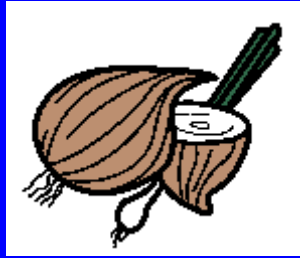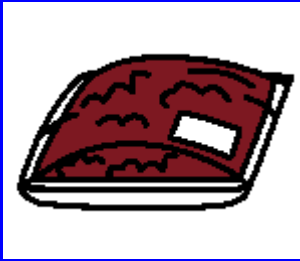
Equipment

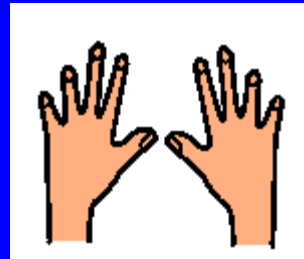1. Preheat the oven the oven to 200 degrees.
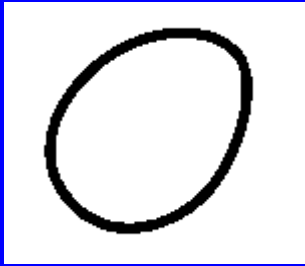
2. Peel and finely chop the onion and garlic.
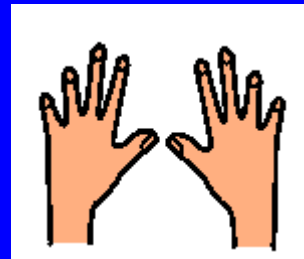
3. Put the mince, onion and garlic into the bowl.

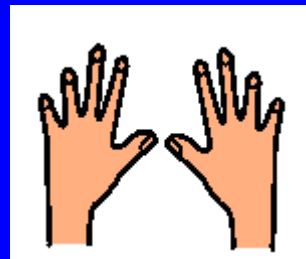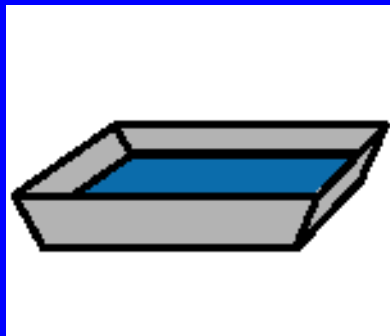# 4. Mix together well with your hands or a spoon.

5. Crack the egg into a glass bowl and beat with a fork.

6. Add the beaten egg, herbs, breadcrumbs and a pinch of salt and pepper to the large bowl and mix again well.
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7. Shape the mixture into a hamburgers and place onto a baking tray.

8. Bake in the oven for 15-20 minutes until the meat has been cooked through.

9. Serve in a bun with lettuce, a slice of tomato and grated cheese. You could also serve with ketch up or mayonnaise.

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