



## Ann's Spicy Meat & Vegetable Patties

(Free on Farm Day (R))

700g Lean Mince Beef  
1 Large Onion  
Half Red Pepper  
Half Green Pepper  
3 Cloves of Garlic  
3 Large Mushrooms  
1 Egg  
Salt and Pepper  
1 Teaspoon Worcester Sauce  
1 Teaspoon Chilli powder or  
1 Teaspoon Pimenton Picante

Finely chop the onion, garlic, peppers and mushrooms.

Place in a large bowl and mix in the worcestershire sauce, chilli powder and salt and pepper to season.

**(Chilli powder amount can be adjusted to suit personal taste)**

Once mixed through add the lean minced beef and mix thoroughly. Add the beaten egg and form into 8 balls and then lightly flatten each one into patties.

Heat a frying pan and spray with fry light.

Cook patties slowly to ensure cooked through to the centre for 5 minutes on each side.

Serve with a mixed salad or a selection of Free Vegetables

