THE LIGHTER PLATE METHOD

Chia & Flaxseed Beef Burgers

Chia and flaxseed bind these patties without breadcrumbs, keeping them properly juicy.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**12 min**	**22 min**	**4**	**EASY**

Ingredients

- 400 g beef mince
- 1 egg white
- 1 tbsp whole chia seeds
- 1 heaping tbsp golden flaxseed flour
- 0.5 small onion (finely chopped)
- 1 tbsp flat-leaf parsley (chopped)
- 1 tsp sea salt
- 1 tsp black pepper

Method

1. Mix the beef mince with the egg white, chia seeds, flaxseed, onion and parsley.
2. Season with the salt and pepper.
3. Divide into 4 equal portions and shape into patties.
4. Cook in a non-stick pan over a medium heat for 5–6 minutes each side, until cooked through and well browned. Add a little olive oil if needed.
5. Build into a burger however you like, or serve with a salad.

Tips & swaps

- Let the mixture sit for 5 minutes before shaping — it helps the chia and flaxseed absorb moisture and bind better.

Storage & reheating

Keeps in the fridge for 3 days or freezes well raw.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

260	24g	3g	17g	2g

Estimated values, for guidance only. Contains: Egg.