

No-Bun, Big-Flavour Beef Burgers

Serves 2 • Prep 10 min • Cook 10 min

Ingredients

- 400g beef mince (15–20% fat)
- 1 tbsp grated onion
- 1 garlic clove
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 tsp smoked paprika
- ½ tsp oregano
- ½ tsp sea salt
- ½ tsp black pepper
- Lettuce leaves
- Tomato
- Red onion
- ½ avocado
- Dill pickles
- Optional cheddar
- 2 tbsp whole-egg mayonnaise
- 1 tbsp Dijon
- 1 tbsp chopped pickle
- 1 tsp pickle juice
- ½ tsp smoked paprika

Method

- 1.** Mix beef with onion, garlic, Dijon, Worcestershire and seasonings. Form 2 patties about 2 cm thick; indent the centre.
- 2.** Mix mayonnaise, Dijon, pickle, pickle juice and paprika for the sauce.
- 3.** Cook patties in a medium-high pan about 4 min first side and 3–4 min second side, cooking mince thoroughly.
- 4.** Build burgers in lettuce leaves with tomato, onion, avocado, pickles, sauce and optional cheese.

Nutrition / Recipe Notes

High-protein • Low-carb • Keto-friendly

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.