



Mixed hamburgers



Categoria
Carne



Tempo de preparação
Rápido



Dificuldade
Chef



Custo
Low



Com quem?
With friends



Nº de pessoas
4 pessoas

Ingredientes



100ml of Victor Guedes
Olive Oil

- 125g of sprouts salad
- 600g of minced beef
- 400g of eggplant
- 4 eggs
- 125g of red onions
- 20ml of apple cider vinegar
- Salt, to taste
- Ground pepper, to taste

Modo de preparação

1

Divide the minced meat in 8 servings, of approximately 75g each, and shape them as burgers.

2

Cut the eggplant in slices with a thickness similar to the burgers. For 4 servings, you will need 12 slices.

3

In a pan, heat the red onion with a dash of olive oil to braise it.

4

Fry the eggplant slices and the burgers in a pan with olive oil as long as necessary to achieve the desired cooking time.

5

Fry the eggs inside a metal ring with the same diameter as the burgers.

6

Season the sprouts salad with olive oil and cider vinegar.

7

Serve it as a mille-feuille, interspersing the eggplant slices and the burgers and ending with the fried egg on top, sprinkling it with ground pepper and salt.

8

Decorate with a fresh raspberry and serve with the raw sprouts salad.

Produtos utilizados



Olive Oil
Olive Oil



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