

# George Foreman

Great Tasting Healthier Food In Minutes

## The original burger



quick &  
easy snacks



serves 4  
people



10  
MINS  
cooking  
time



great for  
kids

### You will need:

- 455g extra lean minced beef
- 1 tbsp Worcestershire sauce
- 1 tsp black pepper
- 1 red onion
- 4 wholegrain hamburger buns.

### To make:

In a medium bowl, mix the beef, Worcestershire sauce, black pepper & shape into 4 hamburger patties.

Place the hamburgers on a pre heated grill for 4 minutes. Top each one with a slice of onion and grill for 3–4 minutes, or according to your preference. Serve the hamburgers on the buns and top with your choice of accompaniments.

*"all the  
pleasure without  
the guilt!"*