

## Beef burgers for the kids

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With a soft texture and a subtle meat flavour, these beef burgers are easy for babies and oven baking is quick, simple and healthy. Serve them with whichever accompaniments you like, and relax in the knowledge that they contain protein, vegies and carbs all in one!

### Ingredients

- 1 slice wholemeal or multigrain bread
- 30ml milk
- 1 tbsp olive oil
- ½ onion, finely diced
- ½ clove garlic, minced
- ½ cup zucchini, grated
- ½ cup carrot, grated
- 100g [beef](#) mince
- 4 kalamata olives, pips removed and chopped (optional but a great way to extend your baby's palette)
- 1 egg
- A few parsley leaves, finely chopped
- 2 tsp parmesan cheese, finely grated

### Method

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1. Preheat oven to 180°C. Dice bread, crusts and all, and soak in milk.
2. Heat half the oil in a frypan and sauté onion, garlic, zucchini and carrot for eight minutes until softened. Remove from heat and allow to cool slightly.
3. In a separate bowl combine mince, soaked bread, olives (if using), egg, garlic, parsley and parmesan cheese. Add cooled vegetable mix and mix thoroughly with hands. If you have a food processor, simply add all ingredients and pulse a few times to combine, but do not mince too finely.
4. To cook, line an oven tray with baking paper and dollop teaspoons of mix onto tray. Cook for 10 mins.

### Tip

To ensure burger are easy to get out of the freezer, package seperately in small quantities (snap-lock bags are great).

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