



Beef Burger

Delicious, quality beef patty seasoned with flavour, topped with fresh vegetables on a soft bun

INGREDIENTS

Beef Mince, Salt, Olive Oil, Tomato Sauce, Mayonnaise, Dijon Mustard, Sliced Cheese, Soft Bun, Tomato, Onion, Gherkins.

SIMPLOT SHORTCUTS substitute using...

 120g Aussie Classic Beef Burger Patty (11638)

BASED ON MAKING 10 PORTIONS

from Scratch

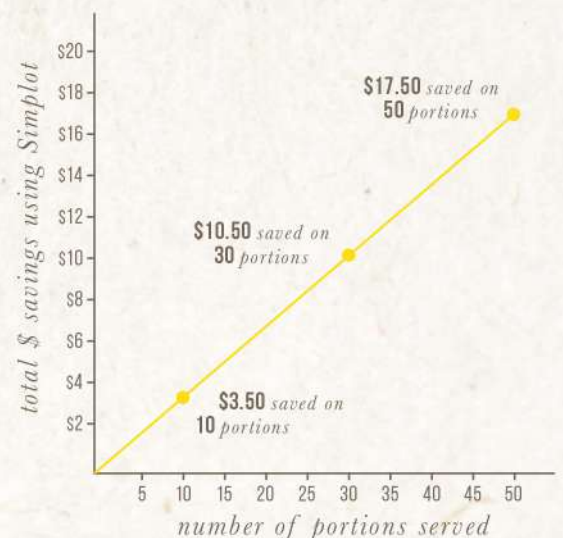
from Simplot

PREP TIME	18 MINS	8.5 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	0 MINS	15 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	14 MINS	4 MINS
TOTAL HANDS ON LABOUR TIME	32 MINS	12.5 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.17	\$0.46
PER PORTION FOOD COST	\$2.07	\$2.43
	<i>total cost per portion</i> \$3.24*	<i>total cost per portion</i> \$2.89*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE	
ENERGY 2886kj	PROTEIN 32g
FIBRE 12g	SODIUM 1352mg
Per 260g serve	

- ✓ MORE THAN DOUBLE THE FIBRE THAN THE SCRATCH RECIPE
- ✓ MORE IRON THAN THE SCRATCH RECIPE
- ✓ A PAR COOKED, MEATIER, THICKER BURGER PATTY AVAILABLE IN BOTH 120G AND 85G
- ✓ MADE WITH AUSTRALIAN BEEF
- ✓ BURGER CAN BE GRILLED, PAN-FRIED OR OVEN BAKED
- 💡 DEFROST IN A REFRIGERATOR FOR 12 HOURS BEFORE COOKING TO SPEED UP COOKING TIME



*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.