

Hamburgers



Serves	5
Prep time	50 minutes
Cook time	10 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Lunch , Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot
Occasion	Barbecue , Casual Party

Ingredients

Hamburger:

- 500g mince (chicken, beef, lamb)
- 2 teaspoons minced garlic
- 1 tablespoon chopped chives
- 1/4 cup rice or bread crumbs
- pinch salt
- 100ml light cream cheese

To serve:

- 5 bread rolls or hamburger buns
- Iceberg lettuce
- Chickpea dip (refer to recipe)

Directions

1. Combine all the ingredients for the hamburger in a medium sized bowl and mix together with your hands until it is well combined.
2. Put the hamburger mixture into the fridge for 30 mins.
3. Divide the meat into 5 parts and roll each part into a ball, then flatten to 1cm thick.
4. Store the hamburgers in the fridge until ready to cook, or freeze for longer storage.
5. Cook on the BBQ, grill or frying pan.
6. Serve on a bun with chickpea dip and lettuce, plus any other allowed ingredients.

Note

Low Chemical / Failsafe

Variations:

1. If moderate salicylates and amines are tolerated you can use [Tzatziki dip](#) instead of chickpea.
2. If moderate salicylates only are tolerated include grated carrot and peeled cucumber in the hamburger.
3. If eggs are tolerated, add a fried egg to the hamburger.
4. If amines are tolerated use pork mince.
5. Serve with [no-tomato sauce](#), [pear sauce](#) or [pear and vegetable sauce](#).

Refer here for the recipes for:

[Chickpea dip](#)

[Home made bread crumbs](#)