borgar

Ingredients

- 500g lean beef mince
- 1 large egg
- 1 small diced onion
- Cooking oil (vegetable or olive)

Procedure

- Crack the egg into a large bowl
- Pour in the diced onion
- Add the mince
- Combine thoroughly with your hands until all of the egg and onion are mixed into the mince
- Grab your preference of burger size mixture, roll into a ball, and press with a burger press on grease-proof paper. If you don't have a burger press, sandwich the meat orb between grease-proof paper and flatten with something flat.
- Repeat for your desired number of burgers
- Into a grilling pan, put a dash of cooking oil and place on medium heat
- Place the burgers into the pan once heated up
- Wiggle the burgers occasionally to ensure they don't stick to parts of the pan where the oil wasn't
- Every few minutes, turn the burgers over to ensure they are evenly cooked
- Once fully cooked, remove from pan and serve

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