



GLUTEN
FREE

Cornflake Double Beef Burgers

PREP 15 MINS | COOK 15 MINS | SERVES: 6

INGREDIENTS

Burger patties:

- 6 Peppercorn Premium Extra Lean Beef Burger Patties
- 3 cups corn flakes, gluten-free
- 3 small eggs (or 2 extra-large eggs)
- 2 tablespoons plain flour, gluten-free
- 1 tablespoon milk of choice
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon pepper

Burger toppings:

- Burger buns, gluten-free
- Sliced cheese
- Lettuce
- Pickles
- Red onion
- Mayonnaise
- Sriracha mayonnaise or Hot sauce

PREPARATION

1. Prepare the beef burger patties: Using a spatula or burger press, flatten each burger patty to 0.5cm thick. Place onto baking paper to prevent it from sticking.
2. Prepare the cornflake crumb and batter: Place into a bowl the eggs, milk, paprika, garlic, pepper and gluten-free flour and whisk to create a thick, but runny batter. Next place the cornflakes into a bowl and crush with your hands into smaller bits, resembling crumbs.
3. Coat the beef burger patties: Dip each beef burger patty into the egg batter and then into the crushed cornflakes, pressing down to ensure the burger is well coated. Repeat with remaining beef burger patties.
4. Cook the beef burger patties: Place enough light olive oil to cover the base of a large frying pan. Once hot, reduce heat to low and place the beef patties into the pan, no more than 3 at a time to prevent overcrowding. Cook for 3 minutes per side or until golden brown and cooked through. Repeat with remaining beef burger patties.
5. Assemble the burgers: Toast the burger buns, and spread mayonnaise on the bottom bun. Layer the lettuce, then one cornflake beef burger, a slice of cheese, then a second beef burger, creamy sriracha mayonnaise, onion rings, lettuce, pickles, and mayonnaise. Top with the other half of the bun and enjoy!

Note for alternative air fryer or oven bake: For an even healthier alternative, air fry or oven bake in pre heated appliance for 15-20 mins at 190°C fan forced, making sure beef burgers are sprayed with olive oil before baking.