

Classic burger

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):
2,021 kJ / 483 kcal

Fat: **26.1 g** Protein: **20.2 g**
Carbohydrates: **43.2 g**

INGREDIENTS

4 portion(s)

1 tbsp	vegetable oil
4	good quality quarterpound beef burgers
4	sesame seed burger buns, halved and cut sides toasted
8 tbsp	<u>Kikkoman Teriyaki Sauce with Toasted Sesame</u>
4	slices cheddar cheese
	little gem leaves
0.5	red onion, sliced into thin rings
1	beef tomato, sliced

PREPARATION

Step 1

Heat the oil in a non-stick frying pan and cook the burgers over a medium heat for 3 – 4 minutes on each side. Turn down the heat a little and add the Kikkoman Teriyaki Sauce to the pan, cook for another couple of minutes, turning the burgers to glaze in the sauce. Add a slice of cheese to each burger, and allow the cheese to melt.

Step 2

Top the base of the toasted buns with a few little gem leaves, then add the onions and tomato and then add the cheese covered burger, finish with a spoonful of the warm leftover teriyaki sauce and top with the bun.

Step 3

To BBQ

Brush the burgers with oil, then cook for 3 – 4 minutes on each side (depending on how hot your bbq is). Brush the burgers with the teriyaki sauce and cook on each side for another couple of minutes. Top with the cheese to melt.