



Roo Burgers

By Leah Queit

Makes 12-14 patties

INGREDIENTS

1kg Kangaroo mince

2 TBS Bread Crumbs

2 Eggs, whisked

2 TBS Soy sauce

2 TBS Sweet chilli sauce

3 TBS Chopped parsley (the more the better)

METHOD:

MIX all ingredients together in a large bowl.

SHAPE into burger patties and place on tray.

LIGHTLY spray patties with cooking

GRILL patties on Barbeque at medium heat, turning once, approximately 5-10minutes each side.

SERVE patties on toasted hamburger roll with your favourite salad toppings.

Kangaroo Meat Facts:

- Terrific source of high-quality protein
- Low in total fat (with less than 2% fat),
- Low in saturated fat
- A source of heart-friendly omega-3's
- Rich source iron and zinc, plus an important source of several B-group vitamins, namely riboflavin, niacin, Vitamin B6 and Vitamin B12.

<http://www.theaustralian.com.au/executive-living/roo-the-day/story-e6frg9zo-1226798293884>



Picture:

<http://www.sandiegomagazine.com/Blogs/SD-Food-News/Summer-2013/THE-STUNT-Slaters-Kangaroo-Burger/>

Catalyst Nutrition and Dietetics provides practical nutrition plans and dietary advice that is individually tailored to your lifestyle. Book an appointment today at:

<http://www.catalystdietitian.com.au/contact.html>