Korean Hamburger (2 Servings)

- **1 ½ tablespoons of brown sugar**
- **2 tbsp soy sauce**
- **½ tbsp of spring onions, finely sliced**
- **2 cloves of garlic, minced**
- **2 tablespoon of mayonnaise**
- **400 grams ground beef**
- **½tbsp sesame oil**
- **Salt, to taste**

- **4 burger or cheddar cheeses**
- **2 small leaves of lettuce**
- **2 pieces of burger ban**

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(1 Serving)

Kcal	858
Protein	59
Fat	49
Carbs	43

1. Mix brown sugar, soy sauce, spring onion, garlic in a small mixing bowl.
2. Take a spoonful of the mixture and add it to the mayonnaise and set aside.
3. Mix the remaining mixture with the minced meat and then add sesame oil and salt.
4. Divide the meatball mixture into 4 equal parts and form patties.
5. *Patties should be larger than bread because they will shrink as they cook.
6. Transfer to a baking tray lined with greaseproof paper. Bake in a preheated oven at 220 degrees for around 12-15 minutes or until it turns brown.
7. Place the cheeses on the baked meatballs and put the other meatballs on top.
8. Cut the hamburger bun in half. Spread the mayonnaise mixture on both sides of the bun.
9. Place the lettuce and meatballs and cover with the other side of bread.