

Salisbury Steak

Ingredients

PATTIES

Lean ground beef

50 grams bread crumbs

2 tsp. ketchup

1 tsp. mustard

1 tsp. Worcestershire

1/2 tsp. garlic powder

1/2 tsp. onion powder

GRAVY

2 packets brown gravy mix

500 ml hot water

1 tsp. tomato sauce

1/2 tsp. Worcestershire

1/2 cup button mushrooms sliced

Method

Combine all Pattie ingredients in a large bowl and massage with your hands and mix well.

Heat 1 tablespoon olive oil in a large skillet over medium heat.

Cook patties on both sides until no longer pink. Add sliced mushroom cook for 2 minutes

Turn temperature to low.

Whisk together gravy mix and water until well blended.

Whisk in ketchup and Worcestershire and pour over patties in skillet.

Allow to simmer until gravy warms and thickens.

Serve with your favourite vegies