

# Beef steak



Main course

## with fried onions and peppered sour cream

### To make the beef steak ...

In a bowl, mix together the ground beef, egg, softened bun and mustard. Season with the sugar, cayenne, and black pepper to taste as well as a pinch of salt. Use a palm sized amount of the mixture to form burger patties. Sear the burgers in a pan until well done.

### The peppered sour cream ...

Blend the sour cream or creme fraiche with the green pepper, brown sugar and chives and place in the fridge for 20 minutes.

### And the sides ...

Cut the brown onion into thin rings, dredge in flour and fry in oil until crispy. Plate like a burger on the rustic bread. If you wish, garnish with celery leaves.

### Nutrition value

Energy	577 kcal
Carbohydrates	32 g
BE	2.7
Protein	34 g
Fat	35 g
Potassium	422 mg
Phosphate	308 mg
Sodium	144 mg
Water	197 ml

All nutritional information per serving.  
This corresponds to 1/4 of the total recipe.

### Ingredients to serve 4

480 g ground beef	1 pinch of salt
1 egg	150 g sour cream
1/2 stale bun soaked and pressed dry	1 TSP of green pepper corns
1 TSP of mustard	1/2 TSP of brown sugar
1 pinch of sugar	2 TSP of chives
1 pinch of cayenne pepper	1 large brown onion
Freshly ground black pepper	4 slices of rustic bread

