Breakfast Bagel



Ingredients

500g good quality beef mince
7 eggs
2 tbsp tomato ketchup
1 tbsp butter
2 large brown onions, finely sliced
2 rashers bacon, finely chopped
1 tsp brown sugar
1 tsp Worcestershire sauce
4 sesame seed bagels
4 slices cheddar cheese

Directions

Step 1 – Add the beef mince, one of the eggs and the tomato ketchup to a large bowl, season with salt and pepper and mix well together. Divide mixture into 4 equal portions and form into balls. Set aside.
Step 2 – Heat your barbecue to medium heat (180 - 200°C). Set up the BBQ with a hotplate.
Step 3 – Once hot, add half of the butter and a little olive oil to the hotplate and allow the butter to melt. Mix together, and once the butter starts to foam a little, add the onions and bacon and toss to coat in the butter mixture, stirring regularly. Cook for 5 minutes, then add the brown sugar and Worcestershire sauce, mixing to combine. Cook for 10 minutes, then remove from the BBQ and set aside to keep warm.
Step 4 – Place each patty onto the hotplate and quickly "smash" as much as possible so that each patty is less than 1cm thick. Cook the burger patties on the hotplate with the BBQ lid closed until the outside is charred and the inside is cooked to your liking. Remove from the BBQ and set aside, covered, to keep warm. Wipe down the hotplate.
Step 5 – Crack the remaining eggs into a large bowl, season with salt and pepper and mix well until bubbles start to form. Add the remaining butter to the hotplate and once melted, slowly add the egg mixture, stirring to roughly scramble the eggs. Once cooked to your liking, remove from the BBQ and set aside to keep warm.
Step 6 – Split the bagels in half and place cut side down onto the hotplate to toast and warm through.
Step 7 – To assemble, spoon some of the onion and bacon mixture onto a bagel half, add a burger patty, top with the scrambled egg and a slice of cheese. Serve immediately.