



## Burger-Pops

### Ingredients

- 200 g Minced beef
- 5 g Vegetable Oil
- 20 g MAGGI® Chicken Bouillon
- 0.5 cup Water
- 200 g puff pastry
- 100 g Tomato Ketchup
- 200 g Cheese, cheddar
- 50 g pickles
- 50 g Onion, finely chopped

### Instruction

1. Preheat oven to 200°C and place rack in medium position.
2. Sauté minced beef in vegetable oil until half cooked. Add 2 cubes MAGGI® Chicken Bouillon to the water and continue cooking until meat is fully cooked and water is absorbed.
3. Meanwhile, roll the puff pastry to a rectangle on a work surface lined with baking paper. Spread MAGGI® Tomato Ketchup over the pastry, and sprinkle cheese over top. Spread the cooked meat, pickles and shallots equally over the cheese.
4. Carefully roll the pastry into a log and gently press to ensure a uniform shape across.
5. Cut log into 1cm thick disks and place each disk flat on a lined baking tray. Bake in preheated oven for 15 mins until pastry is fully cooked and golden.
6. Remove from oven and allow it to cool slightly. Insert a bamboo skewer in each cooked disk to resemble a lollypop.
7. Serve with additional ketchup for dipping.
8. Nutrition tip: This meal is a great way to manage your kid's portions. Each piece is one serving.

### Nutrition

Carbohydrates	17.48 g
Energy	385.48 kcal
Fats	25.94 g
Protein	16.95 g

20 Minutes

6 Servings