

Japanese Hamburg Steak (Hambagu)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-recipe-using-ground-beef>

Ingredients:

- 1/2 pound ground beef
- 1/2 pound ground pork
- 1 small onion finely diced, or half of a large onion
- 3 garlic cloves minced
- 1/2 cup panko breadcrumbs
- 1/3 cup almond milk or regular milk
- 1 egg
- 2 tablespoons finely chopped parsley and more for garnishing
- 3/4 teaspoon salt
- 2 teaspoons soy sauce
- 1 tablespoon ketchup
- black pepper
- olive oil
- 1/4 cup sake or white or red wine
- 1/4 cup Worcestershire sauce
- 1/4 cup ketchup
- 4 tablespoons water

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 130 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 9 grams
8. Sodium: 1080 milligrams

9. Sugar: 7 grams
 10. TransFat: 0.5 grams
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