

Brilliant Burgers



Equipment

Chopping board
Bowl
Red chopping board for meat
Sharp knife
Grater
Non-stick frying pan
Fish slice for cooking

Ingredients (serves 2)

250g lean minced beef or turkey (3%fat or less)
1 small onion
¼ tsp salt
½ tsp ground black pepper
1 x 15ml tablespoon sunflower oil
4 slices of cheese (**dairy**)
4 slices of tomato
4 lettuce leaves
2 burger buns (**wheat**)
1 x 5ml teaspoon dried mixed herbs

Method

1. Peel and chop your onion as finely as you can, or use a large grater.
2. Wash your hands before and after handling meat.
3. In your bowl mix the onion, minced beef and salt and pepper with the herbs. Using your hands is the best way to do this, or a fork.
4. Divide your mix into 4 balls on your red chopping board.
5. Shape your burgers into circles all the same size and thickness
6. Cover with cling film and place in the fridge on a plate until you are ready to cook the burgers.
7. Remember to wash your hands again, all of your utensils and wipe down the work surface.
8. Place your bread buns, tomato, cheese slices and lettuce leaves on a clean shopping board, ready to build your burger.
9. Heat the oil in the frying pan until it starts to sizzle. Place the burgers in the frying pan using the fish slice. Cook till brown on the base and turn over using the fish slice. Cut into one of the burgers and check it is brown in the middle.
10. Build your burger on the white chopping board. Enjoy!

Together We Cook

	Serving Ideas A small bowl of washed lettuce, a few cherry tomatoes, some sliced cucumber and a spoonful of your favourite salad dressing, maybe mayonnaise or balsamic dressing.
	Variations Replace the minced beef with Quorn or meat free mince. You may need to add an egg and mix well to stick the mix together.
	Leftovers Freeze your burgers before they are cooked. Defrost thoroughly before cooking and always make sure they are cooked until brown in the middle, not pink.