

# Together We Cook

## Brilliant Burger



Serves 2



### Ingredients

|                                                                                    |                                            |
|------------------------------------------------------------------------------------|--------------------------------------------|
|  | 250g lean minced beef or turkey            |
|  | 1 small onion                              |
|  | $\frac{1}{4}$ teaspoon salt                |
|  | $\frac{1}{2}$ teaspoon ground black pepper |



1 x 15ml tablespoon sunflower oil



4 slices cheese (**dairy**)



4 slices tomato



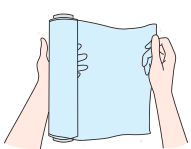
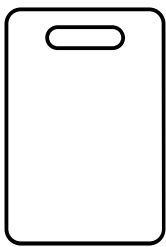
4 lettuce leaves



2 burger buns (**wheat**)



1 x 5ml teaspoon dried mixed herbs

|   |                                                                                     |                                                                                                   |
|---|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 1 |    | Peel and chop <b>onion</b> finely, or use a grater                                                |
| 2 |    | Wash your hands before and after handling the meat                                                |
| 3 |    | Mix <b>onion, mince, salt, pepper</b> and <b>dried herbs</b> together in a bowl                   |
| 4 |    | Divide mixture into 4 equal portions<br>Shape each one into a burger shape                        |
| 5 |   | Cover and put in the fridge                                                                       |
| 6 |  | Place <b>bread buns, lettuce, cheese</b> and <b>tomato</b> onto a clean chopping board            |
| 7 |  | Heat oil in frying pan until it sizzles<br>Cook burgers on both sides until no longer pink inside |
|   |  | Build the burger on the chopping board                                                            |

## Serving ideas



- Serve with a side salad and your favourite salad dressing, for example mayonnaise



## Variations



1. 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

