



# BURGER

## Instructions

1. Put the minced meat in a bowl and break up with fork or clean hands, season with salt and pepper and mix together.
2. Form 4 balls. Set these aside.
3. Chop the onion very finely and put to bowl, pour over boiling water just enough to cover.

## Ingredients

- Serves 4
- 500 g minced beef or turkey
- 1 large onion
- 1 tbs oil
- Iceberg lettuce
- Cheese slices
- Gherkins
- Salt and pepper
- 4 burger buns

## Tip

You could use half the meat and make it up with a tin of green lentils, black beans, kidney or cannellini beans. Mash with potato masher.

# SECRET SAUCE

## Ingredients

- 100 g Mayo
- 1 tsp Mustard
- ½ tsp onion granules
- ½ tsp Garlic granules
- 1 tsp paprika
- 1 tsp vinegar from the gherkins

## Method

1. Put all the ingredients in bowl and mix well
2. Add 1 tps of the cooled onion water and set aside
3. Drain the onions.

## Suggestion

Serve this quick and easy Coleslaw with the burger;

1 large carrot

1 Onion

¼ white or red cabbage

Finely slice the onion and grate the carrot and cabbage, add mayo and salt and pepper, mix well.

# CAJUN OVEN CHIPS



## Instructions

1. Peel the potatoes and slice into chips, using a slotted spoon. place into boiling water for 5 mins, lift out with the slotted spoon and drain for 10 mins.
  2. Place into a bowl and drizzle in oil to coat.
  3. Place on baking flat and cook in oven for 30/35 mins turning occasionally or until golden brown.
  4. Remove from oven and sprinkle with spices and or salt.
- When the chips are about half cooked start to cook the burgers.

## Ingredients

- 900 g potatoes
- 1 tbs oil
- Paprika to taste
- Salt

Pre heat oven to 220 gas 8

1. Heat the oil in frying pan when its hot place two patties (burgers) in the pan and place a square of baking parchment over and press down with smaller pan or potato masher.
2. Keep pressing down for 10 seconds then remove. Cook for another 2 mins and then turn over and repeat.
3. Transfer the burgers to tray in oven to keep warm and repeat with the other two.
4. Cut the buns and toast the cut side in pan you've cooked the burgers.

Now the fun starts, you can build your own burger!!  
Lay out all the fillings and stack away.