LET'S EAT!

HOMEMADE BURGER

45 minutes

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Allergens: gluten, fish, mustard

What is it?

This recipe will teach you how to make an amazing homemade burger, with fresh and tasty ingredients. We suggest enjoying this with some healthy greens to fuel your body and add an extra freshness to the meal.

MAKE IT FUN!

You can adapt this recipe to your taste for example add cheese, or bacon, or instead of a bun you could use lettuce leaves!

What you'll need:

	For 2 people	3 people	4 people
Mustard	1 tbsp	2 tbsp	2 tbsp
Worchester sauce	1 tbsp	2 tbsp	2 tbsp
Beef mince	200g	300g	400g
Onion	1	1	1
Parsley	2 sprigs	3 sprigs	4 sprigs
Tomato	1	1	2
Gherkin	1	2	2
Lettuce	40g	60g	80g
Green beans	180g	250g	320g
Bread roll	2	3	4

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Finely chop the onion and place into a frying pan. Cook on a low heat until the onions start to colour, then add the chopped parsley. Leave to cool. In a bowl mix the beef mince, mustard and worchester sauce. Add the cooked onion and parsley and combine it all together.

Step 2:

Using clean hands, shape the mix into a round patty that looks like a nice thick burger. Put your patty under the grill and cook for 10 minutes on each side until it is cooked through. You can also cook in the oven instead at 200 degrees (gas 6) for 15 minutes.





Step 3:

Put your green beans in a saucepan of boiling water and cook for 5-10 minutes then when they are cooked to your liking drain the water. Lightly toast your burger bun by placing it under the grill. Once toasted, remove it from the heat.

Step 4:

Build your burger by starting with the bottom of the bun. Add shredded lettuce, sliced gherkin, a slice of tomato, your burger patty and any other topping or sauces you like, finally top with the other half of the burger bun. Serve with the green beans.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!