

Difficulty:
Easy



Time:
45 minutes



Homemade burger

with green beans



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.

**AVERAGE COST
PER PERSON**

£1.63

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Mustard	1 tbsp	2 tbsp	2 tbsp
Worcester sauce	1 tbsp	2 tbsp	2 tbsp
Beef mince	200g	300g	400g
Onion	1	1	1
Parsley	1 sprig	2 sprigs	3 sprigs
Tomato	1	1	1
Gherkin	1	2	2
Lettuce	40g	60g	80g
Green beans	180g	250g	320g
Bun/bread roll	2	3	4

Kit list:

- Mixing bowl
- Frying pan
- Sauce pan

Make it your own!

To make this an extra healthy recipe, use lettuce leaves as a bun instead of bread, and add a side of corn on the cob for a really filling meal!

**Celebrate Family
Food**

Charity no.
1125784



What to do:

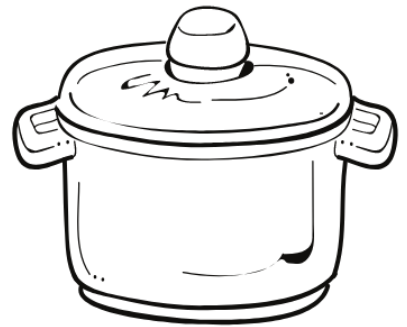
Step 1: Finely chop the onion, and place into a frying pan. Cook on a low heat until the onions start to colour, then add the chopped parsley. Leave to cool.



Step 2: In a bowl, mix the beef mince, mustard and Worcester sauce. Add the cooked onion and parsley and combine it all together.

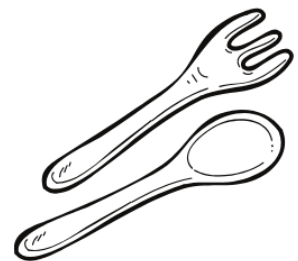
Step 3: Use your hands (wash them first!) to shape the mix into a round patty, that looks like a nice thick burger.

Step 4: Put your patty under the grill and cook for 10 minutes on each side until it is cooked through (check the middle to ensure meat has cooked completely). OR place your patty on an oven tray and cook in the oven at 200 degrees (gas mark 6) for around 15 minutes. Check that the meat is cooked in the middle.



Step 5: Put your green beans in a saucepan of water (add a little salt) and boil for 5-10 minutes until cooked to taste. You can keep them a little firm (this is called 'al dente') if you prefer them crisp, or cook for longer to soften. Drain the water.

Step 6: Lightly toast your burger bun by slicing it and placing it under the grill. Once toasted, remove from the heat.



Serve: Build your burger by starting with the bottom of the bun. Add the following in any order according to how you like it; cooked burger patty, tomato (cut a slice through the middle so that you have a large piece to match your patty), sliced gherkins, lettuce (shredded). Add any sauces that you like and then top with the other half of your burger bun. Pop it on a plate with a helping of your cooked green beans and enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!

