

Brilliant Burgers

Making your own burgers is quick, easy and fun. This recipe uses beef, but you could try it with pork or turkey; they all make great burgers!



Mustard, soya and wheat (gluten)*

Nutritional information per portion (251g):

Energy 1087kJ 256kcal 13%	Fat 7.8g 11%	Saturates 3.1g 16%	Sugars 4.7g 5%	Salt 0.24g 4%
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of an adult's reference intake.
Typical values per 100g: energy 433kJ/102kcal.

Equipment

Large mixing bowl
Grater
Chopping board x 2
Sharp knife
Measuring spoons
Spatula
Oven gloves
Pan stand
Colander

Ingredients

Makes 6 burgers

500g lean minced beef
1 medium onion
Small bunch of parsley
1 x 5ml spoon mustard (optional)
6 bread rolls
3 medium tomatoes
1 lettuce
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- There are lots of other ingredients you can serve with your burger – red onion rings, sliced dill pickles or a little grated cheese, to name a few.
- If you are making these for a group, put the different garnishes in bowls so that people can help themselves.
- These burgers are also great cooked on a barbecue, just follow the instructions and use a barbecue instead of a grill!

Brilliant Burgers

Method

1. Set the grill to a medium heat.
2. Tip the minced beef into the mixing bowl.
3. Peel the onion and grate, add to the bowl with the minced beef.
4. Wash and finely chop the parsley and add to the onions and beef.
5. Add the mustard (if using) and season well with black pepper to taste (if using).
6. Using clean hands, mix and squash the burger ingredients together, working the onion and the seasonings through the minced beef until they are evenly distributed.
7. Divide the burger mixture into 6 portions. Using both hands, work each portion into a neat ball.
8. Place them on another chopping board (or a clean, flat surface) and press them down to form burgers about 10cm in diameter and no more than 1cm deep. Wash your hands after touching the raw meat.
9. Using the spatula, place the burgers under the grill. Cook for 5 minutes, then carefully turn them to cook the other side. The burgers are cooked when the meat in the centre has turned from red to brown.
10. Wash and dry the lettuce and tomatoes. Slice each tomato into 4 circles and shred the lettuce. Place 2 circles of tomato inside each bread roll with a few strips of lettuce. Insert the burger into the bread roll and serve with mustard (if using).

Something to try next time

- As well as adding grated onion to the minced beef, you could incorporate half a grated carrot or beetroot. If you do this you may wish to add a lightly beaten egg to the mixture in order to make sure it stays together as you cook it.
- You could also make burgers with 500g of minced pork or turkey. Try experimenting with different flavourings and combinations of meat, vegetables and herbs.

Prepare now, eat later

- The burgers can be made in advance, wrapped in clingfilm or baking parchment and kept in the fridge for 4–6 hours or frozen in a plastic container or freezer bag for up to 1 month.
- Do not cook burgers from frozen, ensure the burgers are defrosted before you cook them.

Skills used include:

Measuring, peeling, chopping, grating, mixing/combining and grilling.