



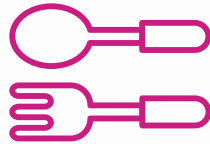
Cooking At Home Challenge Burgers



Serves
4

Ingredients

- 400g mince (either beef, pork or turkey)
- 1 onion, finely chopped
- 1 teaspoon mixed herbs
- 1 level teaspoon chilli powder, if you like them hot and spicy
- 1 tablespoon oil



How to make

1. Make sure your hands are really clean (wet hands stop the mix sticking to fingers)
2. Mix all ingredients together, using clean hands,
3. Divide mixture into 4 - 8 portions. Shape each into balls, then flatten with the palm of your hand into a burger shape.
4. Heat 1 tablespoon of oil in a frying pan and cook burgers on a medium heat for around 5 minutes on each side.

Make sure they are cooked all the way through - you can test by pushing a knife in the burger and if the juices are clear they are cooked.

Start making the sauce before cooking the burgers.

Tomato Sauce - Ingredients

- 1 onion, peeled and chopped
- 2 Teaspoon of mixed herbs
- 2 Tablespoons of tomato puree
- 1 Tin chopped tomatoes
- 2 Teaspoons fresh chopped garlic or garlic puree

How to make the Tomato Sauce

1. Fry the onion for a few minutes.
2. Add the rest of ingredients and simmer on a medium heat for 20-30 minutes.

Serve the burgers on rolls with the homemade tomato sauce, salad and/or with a few potato wedges

Make it spicy!
Add 1-2
Teaspoons of
Chilli Powder
or Paprika!



For more Cooking At Home Challenges visit
Community Nutrition Website
www.nhsforthvalley.com/nutrition
Then choose 'Why Weight'

