

Delicious Dinners

Beautiful Burgers



Beefy Burgers

Ingredients:

- 500g extra lean minced beef
- 1 onion
- 1 clove garlic
- 1 small red pepper
- 4 tablespoons tomato puree
- 1 teaspoon Cajun seasoning

Equipment:

- Grill and grill pan
- Mixing bowl
- Knife
- Chopping board
- Spoons



Recipe:

1. Pre-heat the grill to a medium heat.
2. Peel and finely chop onion and garlic. Finely dice pepper.
3. Put all ingredients into a large mixing bowl.
4. Mix all the ingredients together so that it comes together to form a sticky solid mass.
5. Divide the mixture into six and shape into a round ball, flatten to form a traditional burger shape.
6. Cook under a preheated grill for 7 - 10 minutes on each side until it is cooked through.
7. Serve in a burger bap and fill with salad and salsa!

Herby Lamb Burgers

Ingredients:

- 450g extra lean minced lamb
- 1 onion
- 1 stick celery
- 1 small red pepper
- 1 egg
- 1 tablespoon tomato puree
- 2 teaspoon dried mixed herbs
- 2 teaspoon Worcestershire sauce
- 50 grams fresh breadcrumbs

Equipment:

- Grill and grill pan
- Mixing bowl
- Knife
- Chopping board
- Spoons



Method:

1. Pre-heat the grill to a medium heat.
2. Peel and finely chop onion. Finely dice celery and pepper.
3. Put all ingredients into a large mixing bowl and mix thoroughly with your hands until well combined.
4. Divide the mixture into six and shape into a round ball, flatten to form a traditional burger shape.
5. Cook under a preheated grill for 7 - 10 minutes on each side until it is cooked through.
6. Serve with wholemeal bread buns and salad.