



Home made burgers - Serves 4

Ingredients:

For the burgers

- 1 x 500g pack of minced beef/turkey
- 1 small onion – finely chopped/grated
- Half apple peeled and grated (optional)
- 1 egg
- 1 teaspoon mixed herbs
- Dash of black pepper
- Dash Worcestershire sauce (optional)
- 1 teaspoon horseradish sauce (optional)

To serve the burgers:

- 4 lettuce leaves
- 4 slices of tomato
- 4 slices of cheddar cheese
- 4 round burger buns
- Mayonnaise, mustard and ketchup

Method:

1. Place all ingredients in a bowl and mix together thoroughly.
2. Divide the mixture into 4 chunks and shape into burger patties.
3. Heat under the grill (medium heat) until **thoroughly cooked through**.
4. While the burgers are cooking cut the burgers buns in half and lightly spread with low fat mayonnaise/flora, a lettuce leaf and tomato slice.
5. When burgers are ready add onto the buns and place a slice of cheese on top and serve.

Did you know ?

Red meat is a great source of important source of nutrients for you and your family.

It is the best dietary source of easily absorbable iron and an excellent source of protein, B vitamins and other minerals.

Other good sources of iron include fortified whole grain breakfast cereals and breads, lentils, and beans.

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