

Homemade Burgers

1 large onion

2 cloves garlic

500g mince (lamb or beef)

1 beaten egg

2 tbsp chopped fresh herbs (e.g. parsley, chives or tarragon)

2 tbsp breadcrumbs

Salt and pepper

Optional extras: ½ tsp horseradish or pesto, pinch of mustard powder or paprika

To serve: bread buns, lettuce leaves, sliced tomato and grated cheese

Method:

1. Preheat the oven to 200°C. Peel and finely chop the onion and garlic.
2. Put the mince, onion and garlic in a mixing bowl. Mix together well with your hands or a spoon. Add the beaten egg, herbs, breadcrumbs and a pinch of salt and pepper to the bowl and mix well again. If using any of the optional extras add these now and mix well.
3. Divide the mixture into six and shape into hamburgers.
4. Place the burgers on a baking tray and cook for 15 mins or until cooked through.
5. Serve in the bread buns with the lettuce, tomato and some grated cheese. You can also serve with tomato ketchup or mayonnaise.

Useful Tip:

Potato wedges are easy to make and are a healthier alternative to chips. Simply scrub potatoes and boil in their skins for 10 mins. Cut into wedge shapes, place on a baking tray, drizzle with olive oil and bake in a hot oven (190°C) for 15 mins or until crispy on the outside and soft in the middle.