Finely chop the onion and red pepper into small 0.5cm cubes. Fry this in a frying pan for 5 minutes without oil until soft.

In a large bowl, mix the chopped onion and red pepper with the minced beef. Add a large squirt of ketchup and salt and pepper.

Shape the mixture into four balls, then flatten into burger shape, about 2cm thick. Put them to one side for a few minutes.

Place the burgers into a hot frying pan and cook for 4 to 7 minutes on each side or until they are cooked.

Cut open the breadcakes and place burgers inside, topped with sliced tomato and lettuce.

Serve immediately – with healthy chips!