

Make a Meal of the Markets!

Do it Rotherham
check it • cook it • quit it • change it • move it

Quick! Affordable! Local! Healthy!



Homemade Healthy Burgers

Ingredients

500g minced beef (extra lean if you can get it)

1 medium onion

1 red pepper

Squirt of tomato ketchup

4 wholemeal breadcakes

3 tomatoes

Salt and pepper to taste

Lettuce to garnish

Time to prepare: 15 minutes

Serves: Four people

Cost: £5

- 1 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.
- 2 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.
- 3 Shape the mixture into four balls, then flatten into burger shape, about 2cm thick. Put them to one side for a few minutes.
- 4 Place the burgers into a hot frying pan and cook for 4 to 7 minutes on each side or until they are cooked.
- 5 Cut open the breadcakes and place burgers inside, topped with sliced tomato and lettuce.
- 6 Serve immediately – with healthy chips!