



Burger & not fries

Make burgers with any type of minced meat depending what you prefer or what is on offer. Or try tinned kidney beans for a veggie and low-cost option that is very tasty too. If you have a freezer you can make a few for a quick, easy meal on another day.

Burger

Makes 4 burgers.

- Half tablespoon olive oil
 - 1 onion, peeled and finely chopped
 - 500g minced meat
 - 1 teaspoon mixed herbs of herbs of your choice
 - 1 egg
 - One or two (or more) salad items to suit your taste and budget eg lettuce, tomatoes, cucumber, onion, spinach, beetroot, avocado
 - 4 wholemeal rolls
 - Cheese and/or ketchup if you want it
1. Heat the olive oil in a frying pan, add the onion and cook for 5 minutes until softened and starting to turn golden.
 2. In a bowl, combine the mince with the herbs and the egg. Add salt and pepper and the onions and mix well with your hands, then shape into 4 patties.
 3. Cook the burgers in a frying pan for 5-6 minutes on each side. If you are having cheese, while the second side is cooking, lay a slice on top to melt slightly.
 4. Fill the rolls with salad, add ketchup if you like.



Bean Burger

Makes 6 burgers

- 2 x 400g cans of kidney beans rinsed and drained
 - 100g breadcrumbs (you can buy these but better to use stale bread and grate it into breadcrumbs or roll it as flat as possible and toast or cook it in the oven and then put it into a bag and bash it into crumbs or use a food processor if you have one.
 - 2 teaspoons of chilli powder. You can choose mild, medium or hot to suit your taste. And if you're not keen on spicy food, add fresh or dried herbs instead.
 - 1 egg
 - Small pot of natural yogurt
 - One or two (or more) salad items to suit your taste and budget eg lettuce, tomatoes, cucumber, onion, spinach, beetroot, avocado
 - Ketchup or salsa
 - Half a lime (or buy a bottle of lime juice and store it in your fridge, it will keep for more than a month)
 - 6 wholemeal rolls
1. Heat grill to high. Tip the beans into a large bowl, then roughly crush with a potato masher or fork. Add the breadcrumbs, chilli powder, the egg and 2 tablespoons of salsa or ketchup or another sauce. Mix together with a fork.
 2. Divide the mixture into 6, then wet your hands and shape into burgers. Place on a non-stick baking tray, then grill for 4-5 minutes on each side until golden and crisp. (If you are going to freeze some of the burgers do it before they are cooked and to cook from frozen, bake in the oven 200c/fan 180c/gas 6 for 20-30 minutes until hot through).
 3. While the burgers are cooking mix the yogurt with lime juice and pepper. Split the rolls in half and spread the bases with some of the yogurt. Put the burger on top and add salad of your choice, another dollop of the lime yogurt and some ketchup or salsa.

Oven chips

- 1 medium potato per person
 - Oil (vegetable, rapeseed or olive)
1. Wash the potatoes and cut them into chunky chips or wedges
 2. Sprinkle a little oil over them and put them into the oven 200c/fan 180c/gas 6 for 30 minutes turning them every 10 minutes.