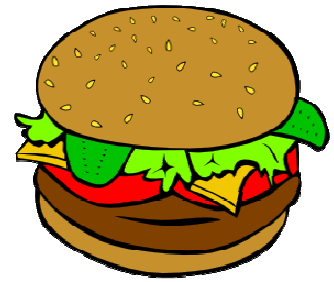


# HAMBURGER



## INGREDIENTS Serves 1

- \* 125g beef mince
- \* 1/2 tsp Dijon mustard
- \* 1 heaped tsp shredded herbs like parsley or chives.
- \* 1/2 tsp chilli flakes
- \* 1 tbsp bread crumbs
- \* Splash of olive oil
- \* Salt and pepper to season

### tasty alternatives...

- \* add some fresh chilli instead of dried.
- \* use chicken or turkey mince instead of beef.

## EQUIPMENT



### Caution!

Children should always be supervised when using heat.

## METHOD

1. Shred the herbs with your fingers and place in a bowl.
2. Add all the remaining ingredients and combine well with your hands.
3. Shape into a ball then flatten with your hand.
4. Fry or grill for 5-6 minutes each side until cooked through.
5. Serve in a roll or burger bun with salad and a side dish of coleslaw.

### healthy facts...

- \* beef is a good source of protein and contains iron.
- \* herbs contain important vitamins and minerals.

### Taking care!

- \* Always wash your hands
- \* Keep equipment and surfaces clean

### skills...

- \* combining and mixing ingredients with hands.
- \* frying or grilling safely.

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