

Home-made beef burgers:

Ingredients:

- 2 spring onions/1 small onion
 - 1 tbsp oil
- 1 small clove of garlic, crushed
 - 250g beef mince
- Handful of fresh flat leaf parsley (optional)
 - 1 egg beaten

Equipment:

- Large glass bowl
- Small Glass bowl
- Sharp Knife
- Chopping Board
 - Saucepan
- Wooden Spoon
 - Fork

Method:

1. Halve the spring onions lengthways and slice into small pieces or finely dice the onion
2. Heat oil in pan and lightly fry the onion and garlic
3. Let the onions cool in a bowl and add the beef, egg and herbs if using. Season.
4. Squeeze the mixture together using your hands
5. Shape into four burgers

Cooking instructions:

Cook on a baking sheet in a preheated oven (190°C/Gas 7) for 20 minutes or until meat is cooked through out

