

# Inside-Out Meat Free Burger

## You will need -

Round Cookie Cutter  
Chopping Board  
Bowl  
Knife  
Frying Pan

## Ingredients –

*(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes)*

Fresh Meat Free Mince  
Low Fat Cheese  
Oil  
Wholemeal Bread Rolls

## Seasoning/Garnish -

Basil  
Sage  
Lettuce  
Tomato  
Cucumber

## Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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## Method -

1. Place the mince in a bowl
2. Add the seasoning as required and mix in using your fingertips
3. Place the cookie cutter on a chopping board
4. Place a small amount of the mixture into the cutter and gently push into the sides to create a base
5. On a chopping board cut a square of cheese using the claw grip and place in the center of the burger
6. Repeat step 4 covering the top of the cheese and creating the top of the burger
7. Carefully remove the cutter
8. Repeat for the amount of burgers required or mince available

## Cooking -

1. add a small amount of oil to your pan so the burger will not stick
2. Heat on a medium heat
3. Add the burger and cook for approx. 3-4mins
4. Turn over and repeat step 3
5. Remove from heat and serve

## Serving -

1. Place inside a wholemeal roll
2. Add some lettuce, tomato and cucumber slices to garnish

## Notes -

You can also cook your burger in the oven or on a BBQ  
Eat within 48hrs after preparing, once cooked eat immediately

Find more recipe cards and cook-a-long videos at -  
[www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme](http://www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme)