

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

