

BURGER

& CHIPS

P69

SHOPPING LIST

SERVES 4



500g Minced Lamb



1 Onion



Mint



Oil



Breadcrumbs



1 Egg



4 Burger buns



Salt



2 large Potatoes



Garlic

HOW TO COOK



Heat the oven to
230 degrees C / Gas mark 8



Cut the potato into chunky chips
(leave the skin on)



Bring a pan of water to the boil



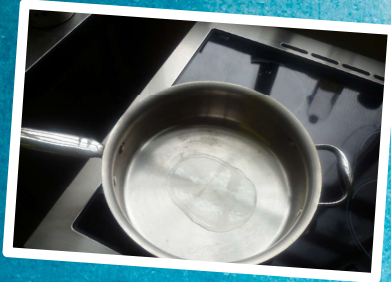
Add the chips to the pan



Boil the chips for 10 minutes



after 10 minutes drain them
in a colander



Heat 1 tablespoon of oil in
a frying pan



add the chips and 5 whole
garlic cloves to the pan



give them a good stir so all the
chips get covered in oil

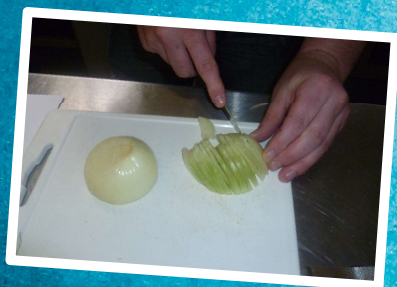


put the contents of the pan onto a
baking tray and put in the oven



cook for 20-25 minutes until the
chips are golden brown

While your chips are cooking



Finely chop the onion



Beat an egg in a bowl



finely chop half a pack of mint



heat 1 tablespoon of oil in a pan



Add the chopped onion to the pan



Fry the onions until they are soft and starting to go brown



Put the lamb, onion mint and egg in a bowl



Mix it all together



Add 2 tablespoons of bread crumbs



Mix together using your hands
(you can add more breadcrumbs
if the mixture is too wet)



Take some of the mixture
and role it into a ball
(about the same size as a tennis ball)



Flatten the lamb balls with the palm of
your hands so the look like burgers
and repeat for the rest of you mixture



heat 1 tablespoon of oil in a frying pan



Fry the burgers for over a low heat
for 4-5 minutes



Turn the burgers over



Fry the burgers on the other side for
4-5 minutes



when the burgers are brown and cooked all the way through serve each one in the burger bun



With your chips

YUM!