

Burger & Chips

🍷 2 servings

505 Kcal / serving

32g Protein 19g Fat 53g Carbs

Ingredients

- 3 - **Tomatoes**
- ¼ - **Cucumber**
- 10g - **Little Gem lettuce leaves**
- 80g - **Baby spinach leaves**
- 250g - **Potatoes**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 2 small - **Seeded brown burger buns**
- 1 teaspoon (5g) - **Mustard**
- 1 teaspoon (5g) - **Tomato ketchup**
- 1 small (well drained – 15g) - **Pickled gherkin**
- **Freshly ground black pepper**
- 2 x 100g - **Lean <5% fat steak burgers (you can ask your local butcher to make these for you, or make them yourself)**



The Method

Preheat the oven to 200°C, (400°F), gas mark 6. Cut one of the tomatoes into slices and dice the remaining two. Dice the cucumber. Trim the lettuce leaves. Arrange the spinach, diced tomatoes and cucumber into small serving bowls and set aside until needed.

Cut the potatoes into 1cm chips, leaving the skin on and blanch in a large pan of boiling water for 3 minutes, then drain well.

Shake the potatoes out onto a roasting tin lined with parchment paper and drizzle over the oil. Toss with tongs until evenly coated. Bake for 20-25 minutes until crisp and golden brown, turning the potatoes at least twice to ensure they cook evenly.

Meanwhile to make the burgers, heat a griddle or non-stick frying pan over a medium to high heat. Season the burgers with pepper, then add to the pan and reduce the heat to medium. Cook the burgers for 4 minutes on each side until cooked through and nicely charred. Test with a small knife to ensure they are cooked through.

Meanwhile, toast the burger buns and smear the bottoms with the mustard and the tops with the ketchup. Add the lettuce and tomatoes to the bottom halves and put a burger on top. Slice the gherkins and add to the burgers, then finish with the top. Arrange on the plates with the chips and serve alongside the salad.

🌱 Suitable for vegetarians if plant-based alternative is used instead of beef