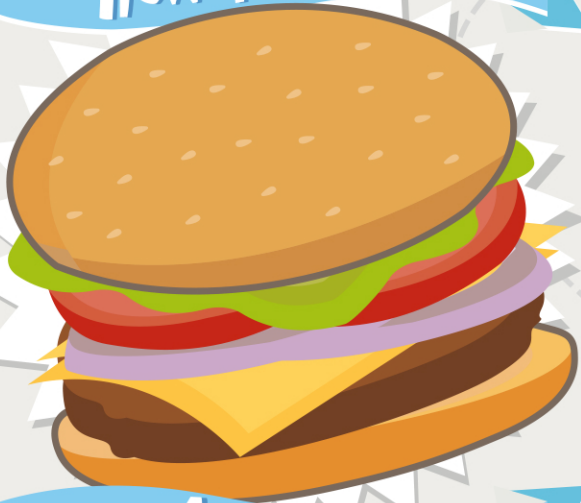
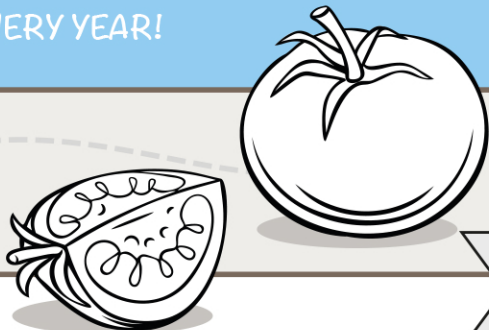


## How to make



## A Burger

BURGERS WERE ORIGINALLY NAMED HAMBURGERS FROM THE HAMBURG STEAKS THAT WERE INTRODUCED TO THE U.S. BY GERMAN IMMIGRANTS. AMERICANS EAT AN ATONISHING 50 MILLION BURGERS EVERY YEAR!



## HERE'S WHAT YOU DO

1. Divide the beef mince into four equal portions. Pat the portions into burger patties approximately 12cm in diameter. Use a small bowl or saucer as a guide if you want them to be really neat.
2. Season the burgers on both sides with salt and pepper and leave to stand for 25 minutes or until the burgers are at room temperature.
3. Heat a non-stick frying pan over high heat and add the olive oil. Add the burgers and cook for a minute on each side or until browned and cooked through.
4. Serve the burgers in the toasted bun with your condiments and toppings.

## YOU'LL NEED:

- 1 TBSP OLIVE OIL
- 1 X 500G BEEF MINCE, 15% FAT
- 2 LEVEL TSP SALT
- GROUND BLACK PEPPER TO TASTE
- 4 WHITE ROLLS (CUT SIDE TOASTED)
- 1 ONION (PEELED AND FINELY SLICED)
- 4 SLICES MATURE CHEDDAR
- 1 LITTLE GEM LETTUCE
- 1 BEEF TOMATO (SLICED)
- YOUR CHOICE OF CONDIMENT

