



MC-COOKALONG HAMBURGER



INGREDIENTS

- 300g lean minced beef or turkey
- $\frac{1}{2}$ onion – finely chopped or grated
- 1 small carrot – grated
- 1 clove garlic – crushed
- 30g wholemeal **breadcrumbs**
- 1 teaspoon low salt **soya** sauce
- $\frac{1}{2}$ teaspoon tomato puree
- $\frac{1}{2}$ teaspoon mixed herbs
- black pepper
- 1 small **egg** – beaten
- 2 teaspoons vegetable oil

To serve:

- 4 small wholemeal burger **rolls**

EQUIPMENT

- chopping board, sharp knife,
- grater, mixing bowl,
- fork, baking tray, cling film or foil

MAKES: 4

PREP TIME: 40 minutes

ALLERGENS: cereals containing gluten,
soya, egg

COOK TIME:

METHOD

- 1** Place all of the ingredients (apart from the egg) into a large mixing bowl and mix together thoroughly with a fork.
- 2** Make a well in the centre of the bowl and add $\frac{1}{2}$ of the egg, then mix together until everything is combined.
- 3** Split the mixture into 4 and using damp hands, shape into 4 burgers. Put the burgers onto a baking tray, cover with cling film or foil and then cool in the fridge for at least 30 minutes.
- 4** To cook, heat 2 teaspoons of oil in a non-stick frying pan and cook for 5-6 minutes on each side, turning over once, until thoroughly cooked. Alternatively, bake in a pre-heated oven (190°C/Gas 5) for 15-20 minutes.
- 5** Serve the hamburgers in wholemeal bread roll with homemade French fries, raspberry smoothie and a piece of fruit.

HYGIENE NOTE

- * Always remember to wash your hands after handling raw eggs and touching raw meat.

HANDY HINT!

- * Why not make a veggie burger instead? Just replace the meat with a can of (drained & crushed) mixed beans.

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: -----

COOK TIME:



MC-COOKALONG FRENCH FRIES



INGREDIENTS

- 4 medium potatoes – washed (skin on)
- 1 tablespoon vegetable oil
- 1 teaspoon mixed herbs
- black pepper

METHOD

- 1 Preheat the oven to 190°C or Gas Mark 5.
- 2 Cut the potatoes into thin strips (about 1cm thickness) and place into a large bowl. Add the oil, mixed herbs and black pepper. Mix well.
- 3 Spread the fries on the baking tray and bake for 25-30 minutes until soft and golden brown.
- 4 Serve the wedges as part of a Mc-Cookalong Meal.

EQUIPMENT

- chopping board, sharp knife,
- tablespoon, mixing bowl,
- baking tray, fish slice



MC-COOKALONG RASPBERRY SHAKE



INGREDIENTS

200g frozen raspberries

$\frac{1}{4}$ banana

1 small pot low fat raspberry yogurt - chilled

300ml milk

EQUIPMENT

blender, tablespoon, chopping board

sharp knife, serving glasses

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: milk

COOK TIME: 2-3 minutes

METHOD

- 1** Place all of the ingredients into the blender.
- 2** Put the lid on the blender and then 'whizz up' the ingredients until smooth.
- 3** Pour the milkshake into serving glasses and serve immediately as part of your Mc-Cookalong Meal.