

Halloween Beef Burgers

makes 5 large or
12-15 mini burgers

What to Find

1 clove garlic
Half small onion
1 egg yolk

1 slice bread (50g) wholemeal
breadcrumbs

Pinch cayenne pepper
225g beef mince
Wholemeal flour

Kitchen Stuff

Scales

Chopping board

Vegetable knife

Mixing bowl / Food Processor

Tray

Non stick frying pan

Fish slice

Potato masher

Cayenne pepper adds a hot and fiery taste to a simple beef burger recipe. Add it with care - **it is hot!**

What to do

1. Finely chop the garlic and onion.
2. Carefully separate the egg yolk from the white.
3. Put the chopped garlic, onion, egg yolk, breadcrumbs, cayenne pepper and mince into a large bowl (*or food processor*) and mix everything together. It is really important to chop the onion and garlic very finely, if you don't use a food processor.
4. Continue to mix the burger mixture, hands can work really well – squeeze the mixture through your hands to mix everything together.
5. Rub your hands in some wholemeal flour, use your hands to make small burgers and put them onto a tray. You can make five burgers or lots of smaller ones.
6. Grill or cook the burgers in a non stick frying pan for 3-4 minutes on each side. (*1-2 minutes for mini burgers*). Make sure the pan is hot before adding the burgers. To test that your burger is cooked cut a burger in half - **it shouldn't be red.**



Serve with scary green mash for a really ghoulish feast.

ALWAYS HAVE A GROWN-UP IN THE KITCHEN WITH YOU, WHEN YOU COOK

