

“Traffic light” burgers

Ingredients

Makes 4 large burgers
or 8 smaller ones

1 red pepper

½ yellow pepper

½ green pepper

450g (14oz) lean
beef mince

1 egg, beaten

Salt + pepper

Bread rolls to serve



Cut the peppers in half and remove all the seeds. Take 2 red pepper halves and just one half each of green and yellow. Dice them very finely.

In a bowl mix up the beef mince with the diced peppers by hand. Add a beaten egg and a little seasoning. Stir well with a fork.

Shape the mixture into four or eight evenly sized individual burgers, depending on your preferred size. Lay them onto a baking tray and chill for at least 30 minutes in the fridge.

Using a lightly oiled (griddle) pan, carefully cook the burgers on a medium heat for 5 – 6 minutes on one side, then for another 5 – 6 minutes on the other side.

Serve in a roll.

