

NATIONAL BURGER DAY

22ND AUGUST 2019

Why not celebrate National Burger Day with one of our mouth-watering burgers?

INGREDIENTS

51201	New York Bakery Co star buns	5
19154	Farmstead minced beef	500g
09126	Everyday Favourites free range medium egg, beaten	1
04393	Everyday Favourites tomato ketchup	2 tbsps
	Little gem lettuce leaves	5
27709	Everyday Favourites Monterey Jack cheese 20g slices	5
04587	Everyday Favourites extended life vegetable oil	2 tsps

METHOD

1. Mix minced beef in a bowl with 1.5 tbsps ketchup and the egg.
2. Make five 100g patties from the mixture, ensuring they're all the same thickness.
3. Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 minutes.
4. Lightly brush one side of each burger with vegetable oil.
5. Place the burgers, oil-side down in a pan for 5 minutes before oiling the other side and turning the pattie over to cook for another 5 minutes.
6. Place lettuce on the base of the bun, top with the burger pattie, a slice of cheese and the rest of the ketchup.

NEW YORK
BAKERY CO STAR
BUN BURGER



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INGREDIENTS

04016	Cooked chickpeas	200g
	Stalk celery diced into small pieces	1
	Carrot grated	1
	Onion minced	½
70361	Everyday Favourites Garlic Powder	½ tsp
71879	Sriracha hot chilli sauce	1 tbsp
34079	Everyday Favourites Plainflour or chickpea flour (for gluten free option)	25g
04587	Salt and pepper to season	a pinch

METHOD

1. Soak the chickpeas overnight.
2. Add the soaked chickpeas to a pan of water and simmer for up to 90 minutes until tender and are easy to mash.
3. Drain well and then in a large bowl, mash the cooked chickpeas using a blender or food processor or large fork until nearly all mashed.
4. Next, mash in the celery, carrot, onion, garlic powder and sriracha sauce. Add the flour (chickpea for gluten free option), and season well with sea salt and black pepper.
5. Once the ingredients are thoroughly mashed, heat a bit of oil in a frying pan or skillet, or alternatively a lightly-greased grill pan.
6. Form the mixture into patties and lightly pan-fry for 3 to 4 minutes on each side until golden brown.
7. Serve with salad in a bun and with hummus on the side.

SPICY
CHICKPEA
BURGER



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