

Deconstructed burger

Beef mixture

Food transformations

Ingredients

Serves 2

200 grams lean beef mince

1 egg

1/2 cup dry breadcrumbs

1 carrot, grated

1/4 onion, finely diced









1/4 cup chopped parsley

2 teaspoons tomato sauce/paste/puree

Method

1. Place all ingredients into a bowl and mix together until combined, using clean hands or a wooden spoon.
2. Use this mix to create either a traditional burger or a deconstructed burger, e.g. grilled kofta, baked mini meatloaf, poached mini meatballs.

Equipment

-  Bowl
-  Cutting board and knife
-  Grater
-  Kitchen scales
-  Measuring cups
-  Measuring spoons
-  Spatula or fish slice
-  Wooden spoon

Preparation and cooking skills

Bake, chop, dice, fry, grate, grill, melt, mix, poach, slice, thread onto a skewer, toast (depending on recipe chosen).

Nutrition

- Lean beef is a great source of protein, iron and B-vitamins which help you to grow, build strong muscles and stop you from getting sick.



Deconstructed burger

Traditional burger

Food transformations

Ingredients

Serves 2

1 x beef mixture

2 teaspoons oil

2 wholemeal burger buns

2 tablespoons tomato sauce

2 lettuce leaves

1/4 telegraph cucumber, thinly sliced

1/2 tomato, sliced



2 tablespoons grated cheese

Method

1. Divide meat mixture into two, form into balls and flatten to make patties.
2. Heat oil in a frying pan over medium heat.
3. Pan fry the patties until they are brown on both sides and no longer pink in the middle.
4. Remove patties from the frying pan and place on a paper towel.
5. Place burger buns on a serving plate. Top with tomato sauce, lettuce, patty, cucumber, tomato and cheese.



Extra Equipment

-  Frying pan
-  Paper towels

Deconstructed burger

Grilled kofta

Food transformations

Ingredients

Serves 2 (makes 6)

1 x beef mixture

1 teaspoon oil

2 pita breads, cut in half

1/2 cup sliced lettuce

1/2 tomato, sliced

1/4 cup thinly sliced telegraph cucumber

2 tablespoons cottage cheese

Method

1. Soak wooden skewers in a shallow bowl of water for 10 minutes. Heat the grill of the oven to medium heat.
2. Use clean hands to mould a heaped tablespoon of beef mixture around a wooden skewer into a kofta shaped sausage.
3. Place in a baking dish. Repeat with remaining beef mixture and skewers.
4. Brush the kofta with a little oil and grill, turning carefully once, for 5-8 minutes or until browned on all sides and no longer pink in the middle.
5. Remove from oven. Place koftas on a paper towel on a board using tongs.
6. Meanwhile, warm pita breads in oven, then remove. Fill each half with lettuce, tomato, cucumber and cottage cheese.
7. Serve koftas with pita bread.



Extra Equipment

- Baking dish
- Oven tray
- Paper towels
- Shallow bowl
- Spoon
- Tongs
- 6 wooden skewers

Deconstructed burger

Baked mini meatloaf

Food transformations

Ingredients

Serves 2 (makes 6)

oil spray

1 x beef mixture

1 tablespoon tomato sauce

2 slices bread

2 tablespoons grated cheese

1 tomato, sliced into wedges

½ cup finely sliced lettuce or baby spinach leaves

¼ thinly sliced telegraph cucumber



¼ red onion, sliced (optional)

Method

1. Preheat oven to 190°C.
2. Grease the muffin pan with oil spray and divide the beef mixture equally between the cups, then smooth the tops with the back of a spoon.
3. Spread ½ teaspoon of tomato sauce on top of each one with the spoon before placing them into the oven to bake.
4. Place on the middle rack of preheated oven and bake for 20 minutes or until brown and no longer pink in the middle. Remove mini meatloaves from oven, allow to cool slightly, then remove from muffin pan and place on a plate.
5. Meanwhile, place bread on a baking tray and sprinkle cheese onto each slice. Place on the bottom rack of oven for 5 minutes or until cheese has melted. Remove from oven.
6. Place meatloaves on serving plates with tomato, lettuce or baby spinach, cucumber, onion (if using) and cheese on toast.



Extra Equipment

-  Cooling rack
-  Muffin pans
-  Large plate
-  Spoon

Deconstructed burger

Poached mini meatballs

Food transformations



Ingredients

Serves 2

1 x beef mixture

2 cups water

1/2 beef stock cube

1/4 red onion, diced

1/2 tomato, diced

1 cup salad greens





2 tablespoons grated cheese

2 wholemeal bread rolls

Method

1. Use your hands to shape the beef mixture into balls about the size of a golf ball.
2. Heat 1 litre of water in a large saucepan until it boils. Add stock cube, red onion and tomato.
3. Reduce heat to simmer. Use tongs or slotted spoon to carefully place each meatball into the water and simmer for 10 minutes or until the meatballs are no longer pink in the middle.
4. Remove meatballs from the water and place in a bowl.
5. Divide the salad greens between serving dishes and pour over poaching liquid. Sprinkle with cheese and serve with a wholemeal roll.

Extra Equipment

-  Large bowl
-  Large saucepan
-  Serving spoon
-  Tongs or slotted spoon