

Steak burger with homemade chips

Serves: 4

Time

Preparation time 15 minutes

Cooking time 25 minutes

Ingredients

Ingredients for the chips

- low-calorie spray oil
- 750g Maris Piper potatoes

Ingredients for the burgers

- 500g lean minced steak
- 1 garlic clove, peeled and crushed
- 1 teaspoon English mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon tomato purée
- 1 small egg, lightly beaten

To serve

- 4 wholemeal burger buns, cut in half and lightly toasted
- 1 handful of salad leaves
- 1 beef tomato, cut into 4 slices



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Method

1. Preheat the oven to 200°C or gas mark 6.
2. Spray a large baking tray with oil and set into the hot oven.
3. Wash the potatoes, leaving the skin on, then cut into chips. Rinse the chips under cold running water to remove the starch before plunging into a large saucepan of boiling water. Cook for 2 minutes, then drain well.
4. Preheat the grill to moderate.
5. Remove the hot tray from the oven and tip the chips onto it (they will sizzle as they hit the hot oil). Spray the chips with oil and return the tray to the oven for 20–25 minutes until the chips are golden and crisp.
6. Mix the burger ingredients together and form 4 burger patties.
7. Grill under a medium heat for 5–10 minutes on each side until thoroughly cooked. Set aside to rest and keep warm while you toast the buns.
8. Place the warm burgers onto a bun, top with a slice of tomato, salad leaves and serve with chips.

Tip

Steak burgers freeze well, so make ahead, cook and pop into the freezer so they're ready for busy days. Defrost thoroughly and reheat until piping hot.