

**GF Friendly**

## Burgers and Chips

### A quick and cheap home-made footy favourite

This traditional, almost obligatory snack eaten at the footy adds to that occasion by splurging stuff down the shirtfront when bitten into. The chips aren't a problem because they are usually in a bucket. You can, however, have this as a meal at home, eating it with a knife and fork without the mess; and it's relatively cheap to make.

Extra flavouring can be added to the burger with spices, sauce or mustard; but that's your choice; and these can be spread or squirted on by the individual after serving. Needless to say, if catering for more than two, simply increase the amounts of ingredients proportionately.

200g beef mince

1 Burger bun

1 tsp flour

1 Tbsp tomato sauce

½ onion

1 tomato

1 dill pickle (or other of choice)

1 Tbsp Olive oil

Chips – however many you fancy !



In a suitable bowl, put the beef mince, flour and tomato sauce; then mix together well with a fork. Divide in two, transfer each to a cutting sheet and press down and shape to form the flattened burgers. Make them bigger than the bread roll as they will shrink when fried. Slice the onion and begin frying this together with the burgers, turning these carefully to avoid breaking them up. I'd suggest doing this in a pan lined with baking paper – see Handy Hints HH53\_Frying with Paper. It seems to splatter less and makes clean-up easier.

While this is going, cook the chips (I use oven-baked), slice the tomato and pickles, cut the roll through the middle and place each half face up on two plates. Keep the burgers and onions warm in the pan until the chips are done; then serve as an open burger.

Serves 2

**Tip:** if the kids can't handle the knife-and-fork bit, be prepared to clean up the mess !

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