

Dinner

RECIPE CARD

Burger & Chips (with burger sauce)

RECIPE NAME

Dinner

MEAL TIME

20 minutes

PREP TIME

20 minutes

TIME TO COOK

Feel free to choose your own reduced-fat burgers for these!

Serve with your homemade burger sauce and chips.

NOTES

Approx. 446kcal per burger/
200kcal for chips

CALORIES

INGREDIENTS

- Reduced-fat or the lowest calorie burgers you can find
- 2 Wholemeal bread roll
- Lettuce
- Tomato
- Chopped onions
- 2 Reduced-fat cheese slices

For the sauce

- 4tbsp light Mayo
- 2tbsp ketchup
- 2tsp mustard
- 2tsp sweet pickle relish
- 1tsp onion powder
- 1/2tsp sweetener
- Pinch of salt and pepper

For the chips

- 3 medium-sized potatoes
- Low-calorie cooking spray
- Chip seasoning

METHOD

- ☆☆☆ Mix together all of the sauce ingredients in a bowl and set aside in the fridge until ready.
- ☆☆☆ Cut the potatoes into chips, place on a baking tray, spray with low-calorie cooking spray and dust over chip seasoning. Cook for 20 minutes or until desired preference.
- ☆☆☆ Cook the burger as per packet instructions.
- ☆☆☆ Spread the sauce over the bottom half of the bun.
- ☆☆☆ Place the lettuce first into the bun, add the burger, cheese tomato and then the onion.