WTF! BURGER

Serves 4

Prep time 5 minutes
Cook time 20–25 minutes
Carb count 10 g per serve

INGREDIENTS

For the toppings:

2 medium-sized beetroot (large ones take forever to cook!)
2 eggs
½ - 1 iceberg lettuce
1 red onion
2 tomatoes, sliced
1 cup grated cheese

For the meat patties:

2 onions, finely diced
600 g mince (any mince you like)
1 egg
1 tsp crushed garlic
1 ½ tsp salt
1 tsp dried herbs

For a vegetarian option:

250 g halloumi, cut into 8 slices

To finish:

1 tbsp olive oil
1 tbsp butter
8 large portobello mushrooms
a dollop of mayonnaise (home-made or good quality store bought)

METHOD

Top and tail the beetroot (don't peel it) and place in a pot with at least 5 cm of water covering it. Add a pinch of salt. Bring to the boil and cook for 15‑20 minutes, until just tender, then add the eggs to the pot to cook for another 8 minutes until they are hard-boiled. Drain the beetroot and eggs and refresh them in cold water.

While the beetroot cooks, place all ingredients for the meat patties (if using) in a large bowl and use your hands to mix well. Divide into four and form into rough patties ‑ they'll spring up as they cook, so make them a little flatter than you want them to end up. Place two frying pans over a medium heat, add the oil to one and the butter to the second. Fry the meat patties or halloumi slices in the

oil, turning regularly, until they are cooked to the degree you like. Fry the mushrooms in the butter until tender but still holding together.

While the patties/halloumi and mushrooms are cooking, tear the lettuce leaves into smaller pieces, slice the red onion into thin rings, slice the tomatoes, peel the eggs and the beetroot and slice them as well.

To serve, place the patties/halloumi, mushrooms and all of the topping ingredients on one or more large platters and allow everyone to build their own burger just how they like it.