

Pender Burger Challenge 2T1

Catching Fire Burger

Ingredients

100g minced beef

½ clove garlic

¼ small onion

Pinch chilli flakes

10ml sweet chilli sauce



Method

1. Finely chop onion and garlic.
2. Mix together all ingredients.
3. Shape into burger
4. Preheat the grill to medium heat.
5. Cook burgers for 10 minutes turn them over during cooking.
6. Place in burger bun and spread a little sweet chilli sauce on top.

Pender Burger Challenge 2T2

Chicken Surprise

Ingredients

100g minced chicken

1/4 red pepper

2.5ml rosemary

10ml sweet chilli sauce

Burger bun

lettuce



Method

1. Finely chop the pepper keep ½ of the pepper for serving
2. Finely chop fresh rosemary.
3. Mix together all ingredients.
4. Shape into burger
5. Preheat the grill to medium heat.
6. Cook burgers for 10 minutes turn them over during cooking.
7. Place lettuce and pepper in burger bun and spread a little sweet chilli sauce on top.



Pender Burger Challenge

Pizzaburger

2T3

Ingredients

100g minced chicken

2 sundried tomatoes

2 black olives

4 leaves fresh basil

30ml wholemeal breadcrumbs

3 slices fresh tomatoes

25g black diamond cheese



Method

1. Grate cheese – put aside.
2. Finely chop tomatoes, olives and basil.
3. Mix together all ingredients.
4. Shape into burger
5. Preheat the grill to medium heat.
6. Cook burgers for 10 minutes turn them over during cooking.
7. Split and toast bread roll.
8. Place burger on top add grated cheese and slices of fresh tomato.

Pender Burger Challenge

Sweet Chilli Chicken Burger 2T4

Ingredients

100g minced chicken

30ml wholemeal breadcrumbs

30ml sweet chilli sauce

Salt and pepper

Burger roll

Iceberg lettuce



Method

1. Mix together all ingredients.
7. Shape into burger
8. Preheat the grill to medium heat.
9. Cook burgers for 10 minutes turn them over during cooking.
10. Place lettuce on burger bun and place burger on top.

Pender Burger Challenge

Sunshine Chicken Burger 2T5

Ingredients

75g minced chicken

25g minced bacon

1 orange

1 slice wholemeal bread



Method

1. Grate wholemeal slice of bread
2. Grate orange rind and add to breadcrumbs.
3. Squeeze juice of one orange.
4. Mix together all ingredients.
5. Shape into burger
6. Preheat the grill to medium heat.
7. Cook burgers for 10 minutes turn them over during cooking.
8. Place in burger bun.

Pender Burger Challenge 2T6

Mexican Fireball

Ingredients

- 75g minced chicken
- 25g minced bacon
- 30ml coronation sauce
- 10ml peri-peri sauce
- Salt and pepper



Method

1. Mix together all ingredients.
2. Shape into burger
3. Preheat the grill to medium heat.
4. Cook burgers for 10 minutes turn them over during cooking.
5. Place in burger bun.



Pender Burger Challenge

B.P.S. Burger 2T7

Ingredients

50g steak mince

50g minced bacon

2.5ml Freshly ground black pepper

Salad leaves

Tomato

Spring onions

salad served as side dish

Tomato sauce

Sweet chilli sauce

Peri-peri sauce

trio of sauces served as side dish



Method

6. Finely chop onion and garlic.
7. Mix together all ingredients.
8. Shape into burger
9. Preheat the grill to medium heat.
10. Cook burgers for 10 minutes turn them over during cooking.
11. Place in burger and serve with side dishes.

Pender Burger Challenge 2T8

Ingredients

½ small onion

100g steak mince

2.5ml curry powder

10ml piri-piri sauce

10ml sweet chilli sauce

Lettuce

Red onion

Tomato

Cucumber

Mayonnaise

Grated carrot

serve in bowl as side salad

Method

1. Finely chop onion.
2. Mix together all ingredients.
3. Shape into burger
4. Preheat the grill to medium heat.
5. Cook burgers for 10 minutes turn them over during cooking.
6. Cut out bread circles place burger on top.
7. Serve with salad.

Pender Burger Challenge 2T9

Tongue Burger

Ingredients

- 100g minced beef
- ½ clove garlic
- ¼ small onion
- Pinch chilli flakes
- 10ml sweet chilli sauce



Method

1. Finely chop onion and garlic.
2. Mix together all ingredients.
3. Shape into burger
4. Preheat the grill to medium heat.
5. Cook burgers for 10 minutes turn them over during cooking.
6. Place in burger bun and spread a little sweet chilli sauce on top.

Pender Burger Challenge 2T10

Flaming Chepper Burger

Ingredients

100g minced beef

1/4 green, yellow, red pepper

2.5ml chilli powder

1.25ml cracked black pepper

10ml sweet chilli sauce

25g black diamond cheese

Burger bun

¼ onion

lettuce

Method

1. Finely chop the pepper keep ½ of the pepper for serving
2. Finely chop fresh rosemary.
3. Mix together all ingredients.
4. Shape into burger
5. Preheat the grill to medium heat.
6. Cook burgers for 10 minutes turn them over during cooking.
7. Place lettuce and pepper in burger bun and spread a little sweet chilli sauce on top.

