

Takeaway burger makeover



Takeaway burger

Cost per serve: \$2.10*

Ingredients (4 serves)

4 pre-made burger patties
4 white burger buns
4 tablespoons tomato sauce
4 slices cheese

Method

1. Lightly pan fry or grill burger patties.
2. Place burger buns on a serving plate. Top with tomato sauce, burger patty, and then cheese.

Takeaway burger makeover

Cost per serve: \$1.50*

Ingredients (4 serves)

320 grams lean beef mince
 $\frac{1}{2}$ onion, finely diced
 $\frac{1}{2}$ carrot, grated
1 egg, beaten
1 tablespoon wholemeal breadcrumbs
pinch black pepper
4 wholemeal burger buns
4 lettuce leaves
 $\frac{1}{4}$ cup tomato salsa (see recipe on the **Heart Foundation website**)

Makeover method

1. Mix together the patty ingredients except for the vegetable oil.
2. Divide into four balls, and flatten into patties.
3. Lightly pan fry or grill the patties until they are cooked through.
4. Remove patties from the frying pan and place on paper towel.
5. Place burger buns on a serving plate. Top with lettuce, burger patty and then tomato salsa.

1 Look at the two food products (burgers) and compare the differences on the previous page.

a. Compare the cost of each food product?

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b. How has the food product been transformed?

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c. Why do you think there is a difference in the cost per serve?

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2 Fill in the table to show advantages and disadvantages of the transformation.

Hint: think about attributes, sustainability and hauora/well-being

 Advantages	 Disadvantages

*Costs as per March 2018, Auckland supermarket.

