



I Can Cook

Recipe by Neil Strawson
and Richard Hunt. Makes 4

Mini Veggie Burgers and Salsa



You will need

- 100g Vegetarian Mince
- 75g Cooked, mashed sweet potato
- 1 Spring onion
- 1 Slice of bread
- 1 Egg
- 15ml Oil
- 10 Cherry tomatoes
- 5 Basil leaves
- 1tbsp Olive oil
- Pinch of black pepper



Remember to ask
a grown-up for help

1

Before making, wash your hands and put an apron on. Weigh or measure all of the ingredients. Ask a grown-up to pre-heat an oven to 180°C (fan)/ 200°C/ gas mark 6.

3

Use a grater to make breadcrumbs from the slice of bread. Use the fork to scrape out any breadcrumbs left in the grater and add them to the mixing bowl. Add the mashed sweet potato too.

5

Roll each portion of mixture into a ball in your hand and then gently squash it to form a patty and put them on the baking tray. Ask a grown-up to place them in the oven for 18-20 minutes, until cooked through.

2

Ask a grown-up to help cut the spring onion with scissors over the work mat. Add the spring onion to and vegetarian mince to the mixing bowl.

4

Break the egg into the cup and beat with a fork. Add this to the mixing bowl and mix with your hands. Divide the mixture into four equal parts using a fork.

6

To make the salsa, use the scissors to snip the tomatoes in a cup. Rip and tear basil leaves into the cup, then add oil and a pinch of black pepper and mix with a teaspoon.