**Beef Burgers**  serves 1  **Ingredients**100g beef mince   
1 tsp Worcestershire sauce   
1 tsp tomato sauce   
½ tsp Dijon mustard   
1 Tblsp parsley, finely chopped   
¼ small carrot, grated   
¼ tsp salt  
½ slice of bread, crumbed  
½ Tblsp milk

1 small onion, thinly sliced  
1 Tblsp butter

1 burger roll  
assorted salad   
 **Method**

1. In a large bowl thoroughly combine milk, bread, carrot, beef mince, Worcestershire sauce, tomato sauce, mustard and parsley.
2. Divide mixture into 1 large patty, the same size as the roll.
3. Place on a baking paper lined oven tray and bake on 200°C for 15-20 minutes, or until well browned.
4. While patties are in the oven, melt butter in a small frying pan over a medium heat. Add onion and stir occasionally until golden.

**To assemble:**

1. Place the bases of your burger rolls onto a serving plate and spread with sauce. Top with burger, onion and salad, then finally the top of your burger bun, and serve.

**Seasoned Baked Potato Wedges (serves 1)**

**INGREDIENTS**

* 1 large potato
* 1 Tbsp oil

**SEASONING**

* 1/2 tsp paprika
* 1/4 tsp garlic powder
* 1/8 tsp onion powder *(or sub with more garlic powder)*
* 1/4 tsp salt
* 1/8 tsp pepper

**METHOD**

* Preheat oven to 200°C Fan Forced
* Mix the Seasoning ingredients.
* Cut the potatoes in half lengthwise, then cut each half into 4 "wedges" (so you get 8 pieces from each potato). If your potato is small/medium, just cut into 6 wedges.
* Place potatoes in a large bowl, drizzle over oil and seasoning. Toss with hands.
* Spread out on tray, ensuring cut side lies flat on the tray.
* Bake for 35 to 45 minutes, turning once, or until dark golden brown and crispy.
* Serve immediately!