Veggie Burgers: Group: ......... Making on: .................

Ingredients: (Please weigh ingredients out at home if possible).

* 175g frozen Quorn Mince, defrosted
* 1 tablespoon vegetable oil
* 50g finely diced fried onion. (fry at home).
* 100g bread crumbs
* 40g cheese, grated
* 75g low fat cream cheese
* 1 medium egg, beaten

**Extra ingredients I am adding to flavour my burger:** 1 teaspoon mixed herbs (e.g. oregano, basil, parsley), 1 teaspoon curry powder or spices, 2 teaspoon of Worcestershire sauce or mustard, 2 spring onions.

1. In a large mixing bowl, place defrosted Quorn Mince, breadcrumbs, grated cheese, cream cheese, cooked onion and extra ingredients for flavouring.
2. Mix well with your hands to distribute cream cheese throughout the mixture.
3. Add the beaten egg and mix well with your hands to combine.
4. Divide the mixture into three or four even sized pieces. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.
5. Set in the palm of your hand and gently squeeze down to flatten into circles about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
6. Cover with cling film, place in your tub and leave in the fridge to firm up.

**Cooking at home**

1. Preheat the oven to 190C, gas mark 5.
2. Line a baking tray with some foil.
3. Take burgers out of the fridge, unwrap the cling film and place onto baking tray.
4. Place baking tray in the oven and bake for 15minutes.
5. After 15minutes carefully take the tray out of the oven and then turn the burgers over and cook for another 10-15mins.
6. When cooked take out of the oven.
7. Serve in a sliced bun.