

Grampy's Hamburgers

Ingredients (Makes 6 small hamburgers)

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| ✓ 6 hamburger buns | Extras |
| ✓ 300g ground beef | ✓ Tomato |
| ✓ 1/2 large sweet onion | ✓ Lettuce |
| ✓ Garlic powder | ✓ Cheese |
| ✓ Salt | ✓ Ketchup |
| ✓ Vegetable oil | ✓ Mustard |

Tools

- ✓ Knife
- ✓ Cutting board
- ✓ Vat
- ✓ Pan
- ✓ Spatula
- ✓ Cookie sheet

Instructions

1. Chop onion into small pieces, put in vat.
2. Separate ground beef into 50g parts.
3. Roll beef patties in onions, then flatten to the size of the bun.
4. Heat oil in pan over medium high flame until very hot.
5. Put patties in pan and cook until brown on bottom. (about two minutes) – then **FLIP!**
6. Sprinkle with garlic powder and salt, cook until other side is brown (about 1 minute more) then remove from heat and put on a cookie sheet. Repeat until all the patties are cooked, adding oil as needed to the pan.
7. Place cooked patty and desired extras in buns

and ENJOY!!

Side Dish **Sweet Potato Fries**

Ingredients

- ✓ 2 sweet potatoes, peeled
- ✓ Vegetable oil
- ✓ 1 teaspoon garlic powder
- ✓ 1 teaspoon paprika powder
- ✓ 1 teaspoon salt
- ✓ 1/2 teaspoon pepper

Instructions

1. Heat the oven to 200°C.
2. Cut the sweet potatoes into sticks 1 cm wide and 7 cm long, and toss them with the vegetable oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on a rimmed cookie sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.