

GOURMET BURGER

INGREDIENTS

- ¼ onion, finely chopped
- 150g/5½oz minced beef
- pinch dried chilli flakes
- dash olive oil
- 2 slices ciabatta or 1 ciabatta roll, halved

PREPARATION METHOD

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Mix the onion, beef, chilli flakes, salt and pepper together in a bowl. Using your hands, shape the mixture into a patty and rub with olive oil. Heat a frying pan until smoking hot and fry the burger for 4-5 minutes on each side, or until cooked through.
3. Meanwhile, preheat the grill to high and grill the ciabatta until crisp. Put the burger on the toasted ciabatta and top with any desired toppings.