

NOW THAT'S A
**M... F...
BÜRGER!**

**#CHANGE
TASTES
GREAT**

**MEATLESS
FARM**

WE'VE CREATED A GAME CHANGER. THIS IS A M... F... BURGER THAT'S SO MEATY AND JUICY, YET IT'S LOVINGLY MADE FROM PLANTS. IT'S HIGH IN PROTEIN, A SOURCE OF FIBRE, GLUTEN-FREE AND VEGAN-FRIENDLY. HEALTHIER FOR YOU AND BETTER FOR THE PLANET, TOO. CHANGE TASTES GREAT!

#CHANGETASTESGREAT #SHUTTHEFARMUP



READY IN: 20 MINS



SERVES: 2



Method:

1. Remove your M... F... burgers from their packaging. Season both sides of with salt and pepper or as desired (if you like it hot, you might want to try a spice rub!)
2. Heat a couple of tablespoons of oil in a non-stick pan on a medium heat. Add your M... F... burgers and cook for approximately 6-7 minutes, turning occasionally.
3. For the final minute or so of cooking, add your slices of cheese to the burgers so that they melt. You could use a burger bell cloche to help with this.
4. Meanwhile, cut your brioche buns in half and lightly toast them on either side.
5. Time to build your M... F... burger! Take your bottom bun and smother with a generous helping of burger sauce, then top with lettuce leaves and a few rings of red onion.
6. Layer both of your burgers on top of the red onion. Cover with tomato ketchup, mustard, grated beetroot, crispy onions and sliced gherkin.
7. Finally, cover the underside of your top bun with burger sauce and add to the top. Now that's an M... F... burger!

Ingredients:

- 4 Meatless Farm M... F... Burgers
- 2 brioche burger buns
- 1/2 red onion, sliced into rings
- 4 slices of your favourite cheese
- 2 large gherkins, sliced lengthways
- 2 tbsp crispy onions
- Handful of shredded beetroot
- Handful of mixed lettuce leaves
- Lashings of tomato ketchup, mustard & burger sauce