



A Delicious DECONSTRUCTION

cooking time: 20min

Naturally CHOLESTEROL FREE

serves

4



Ingredients

- 1 pack Fry's Traditional Burgers
- Olive oil
- 1 red onion, thinly sliced
- 2 tsp Sugar
- 2 tsp Balsamic vinegar
- 2 cloves Garlic, chopped
- 2 tbsp Wholegrain mustard
- 2 tsp flat leaf parsley, chopped
- 1 tsp dried thyme
- Sea salt and freshly ground black pepper
- 1/2 Butternut, thinly sliced
- Vegetable oil
- 1½ fresh Chillies, finely chopped, to serve (optional)
- 4 Sesame burger buns, toasted
- 1 Red onions, peeled
- 1 large, ripe Tomato, chopped
- Lettuce
- Tomato chutney or sweet & chilli sauce
- Gherkins, sliced

Method

In a large saucepan heat a drizzle of olive oil. Add onions and stir-fry for 1 minute. Add sugar and balsamic vinegar to caramelise. Remove and cool down. Onions should still be firm. Combine onion mixture with garlic, mustard, parsley and thyme.

Fry the burgers in a little oil on medium heat for 8 minutes. Place patties on burger buns and top with onion mixture, sliced onion, tomato, lettuce, gherkin and tomato chutney or sweet & chilli sauce.

To make the butternut crisps, preheat oven to 200°C. Brush butternut slices with oil. Bake for 20 mins, or until crispy. Coat butternut crisps with fresh chilli (optional), sea salt and black pepper.

