

HOMEMADE LAMB BURGER (serves 4)

200g lean minced lamb
1 egg
Pinch salt and pepper
25g chopped onion
100g fresh breadcrumbs

Oven: Gas 5/6, 190 C

- 1) Fry onions without colouring
- 2) Add the above ingredients and mix well
- 3) Divide into 4, roll and flatten into a round shape
- 4) Cook in oven, turnover half way though cooking time (approx 20 mins)
- 5) Serve with mashed potatoes or chips, beans or a mixed salad

BANANA LOAF

2 ripe bananas
175g butter/margarine
175g castor sugar
3 eggs
225g self-raising flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon vanilla essence
 $\frac{1}{2}$ teaspoon ground cinnamon

Oven: Gas 4, 180 C

- 1) Mash bananas
- 2) Beat together butter/margarine and sugar
- 3) Add eggs, flour and baking powder
- 4) Fold in bananas, vanilla essence and cinnamon
- 5) Pour into a greased loaf tin and cook for approx 40 mins
- 6) Cool and slice