

Takeaway burger makeover



Takeaway burger

Cost per serve: \$2.10*

Ingredients (4 serves)

4 pre-made burger patties
4 white burger buns
4 tablespoons tomato sauce
4 slices cheese

Method

1. Lightly pan fry or grill burger patties.
2. Place burger buns on a serving plate. Top with tomato sauce, burger patty, and then cheese.

Takeaway burger makeover

Cost per serve: \$1.50*

Ingredients (4 serves)

320 grams lean beef mince
 $\frac{1}{2}$ onion, finely diced
 $\frac{1}{2}$ carrot, grated
1 egg, beaten
1 tablespoon wholemeal breadcrumbs
pinch black pepper
4 wholemeal burger buns
4 lettuce leaves
 $\frac{1}{4}$ cup tomato salsa (see recipe on the **Heart Foundation website**)

Makeover method

1. Mix together the patty ingredients except for the vegetable oil.
2. Divide into four balls, and flatten into patties.
3. Lightly pan fry or grill the patties until they are cooked through.
4. Remove patties from the frying pan and place on paper towel.
5. Place burger buns on a serving plate. Top with lettuce, burger patty and then tomato salsa.

1 Look at the two food products (burgers) and compare the differences on the previous page.

a. Compare the cost of each food product?

- *The takeaway burger makeover costs 60 cents less than the takeaway burger per serve.*

b. How has the food product been transformed?



- *Swapped the white bun to a wholemeal bun.*
- *Added vegetables (lettuce, tomato in salsa, carrot, onion).*
- *Swapped the pre-made beef patty to a homemade beef patty.*
- *Removed the cheese and tomato sauce.*

c. Why do you think there is a difference in the cost per serve?

- *The takeaway burger uses pre-made ingredients, which often cost more than making from scratch.*

2 Fill in the table to show advantages and disadvantages of the transformation.

Hint: think about attributes, sustainability and hauora/well-being

 Advantages	 Disadvantages
<ul style="list-style-type: none"> • <i>Uses less pre-made ingredients, which often cost more than making from scratch.</i> 	<ul style="list-style-type: none"> • <i>Requires more time to make.</i>
<ul style="list-style-type: none"> • <i>Uses more vegetables, which makes it more nutritious and filling.</i> 	<ul style="list-style-type: none"> • <i>Many steps</i>
<ul style="list-style-type: none"> • <i>Looks fresh and colourful, so is more appetising.</i> 	
<ul style="list-style-type: none"> • <i>Variety of textures</i> 	
<ul style="list-style-type: none"> • <i>Opportunity to spend more time with family while cooking.</i> 	
<ul style="list-style-type: none"> • <i>Opportunity to practice and learn cooking skills.</i> 	
<ul style="list-style-type: none"> • <i>Cheaper</i> 	

*Costs as per March 2018, Auckland supermarket.