



Quorn Veggie Quarter Pounder with Homemade Burger Sauce

Serves: 4

Calories per serving: 634

Ingredients:

For the burgers:

- 1 packet of Quorn Quarter Pounders
- 2 seeded burger buns, toasted
- 20g baby spinach
- 1 red pepper, sliced
- 1 small courgette, ribboned
- 4 slices of red onion

For the Spicy Skin on Fries:

- 2 potatoes cut into thin strips
- 2 sprays 1 cal oil
- 1 tsp paprika
- 1 tsp chilli flakes

For the Burger Sauce:

- 4 tbsp fat free Greek yogurt
- 1/2 tsp garlic powder
- 1/2 tsp yellow mustard
- 1 tbsp of jalapeño relish

Method:For the burger:

1. Preheat oven to 200 C/ Fan 180 C/ Gas 6. Prepare Quorn Quarter Pounders according to pack. Lay the pepper, onion and courgette on a baking tray and roast in the oven for 15-20 minutes until nicely charred. Meanwhile heat a griddle pan up and toast the buns. Layer burger sauce, spinach, pepper, burger, courgette and onion and top with more burger sauce.

For the Spicy Skin on Fries:

2. In a bowl mix the potato strips with spray oil, paprika and chilli flakes. Place on a baking sheet and roast for 20-30 minutes until nice and golden.

For the Burger Sauce:

3. Mix all ingredients in a bowl until well incorporated.