Are you ready?
Let's start with . . .

lettuce

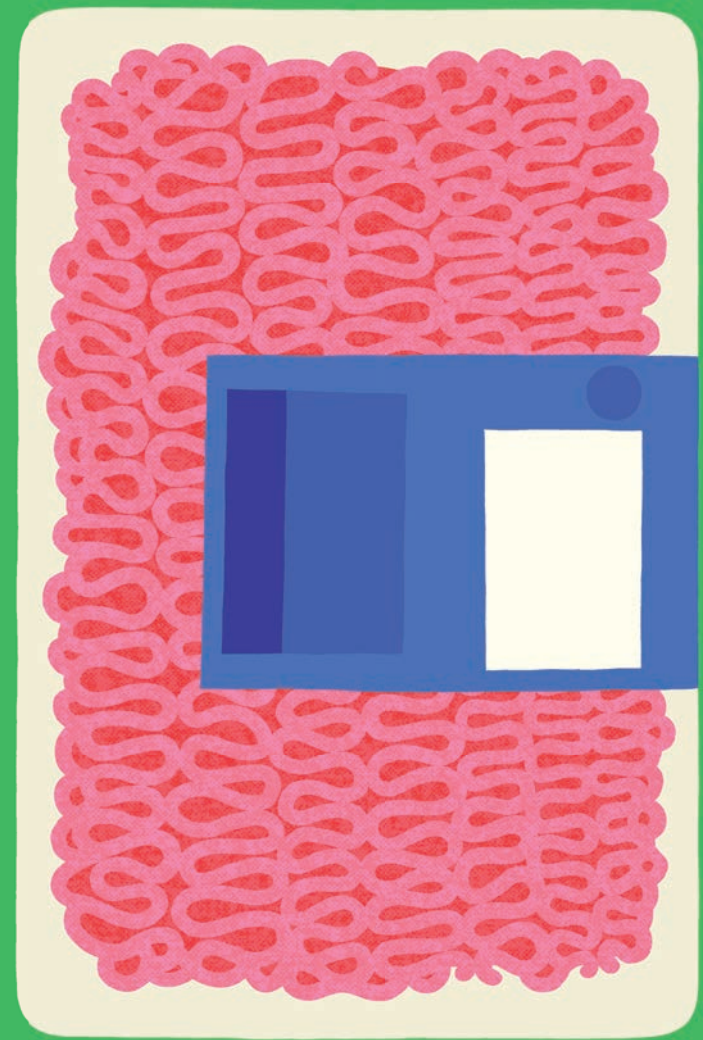


Lift me!

lettuce

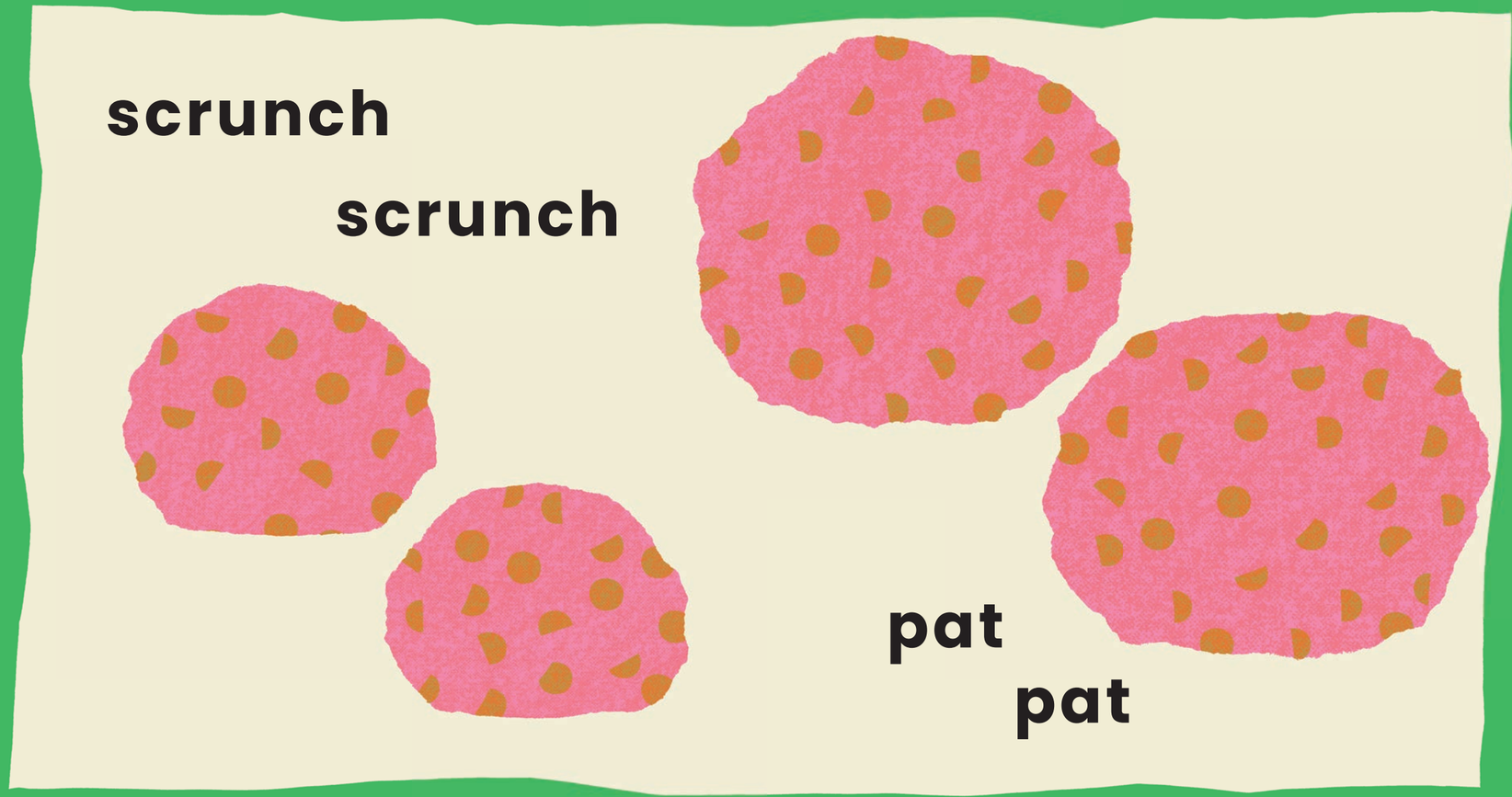


beef mince and lentils





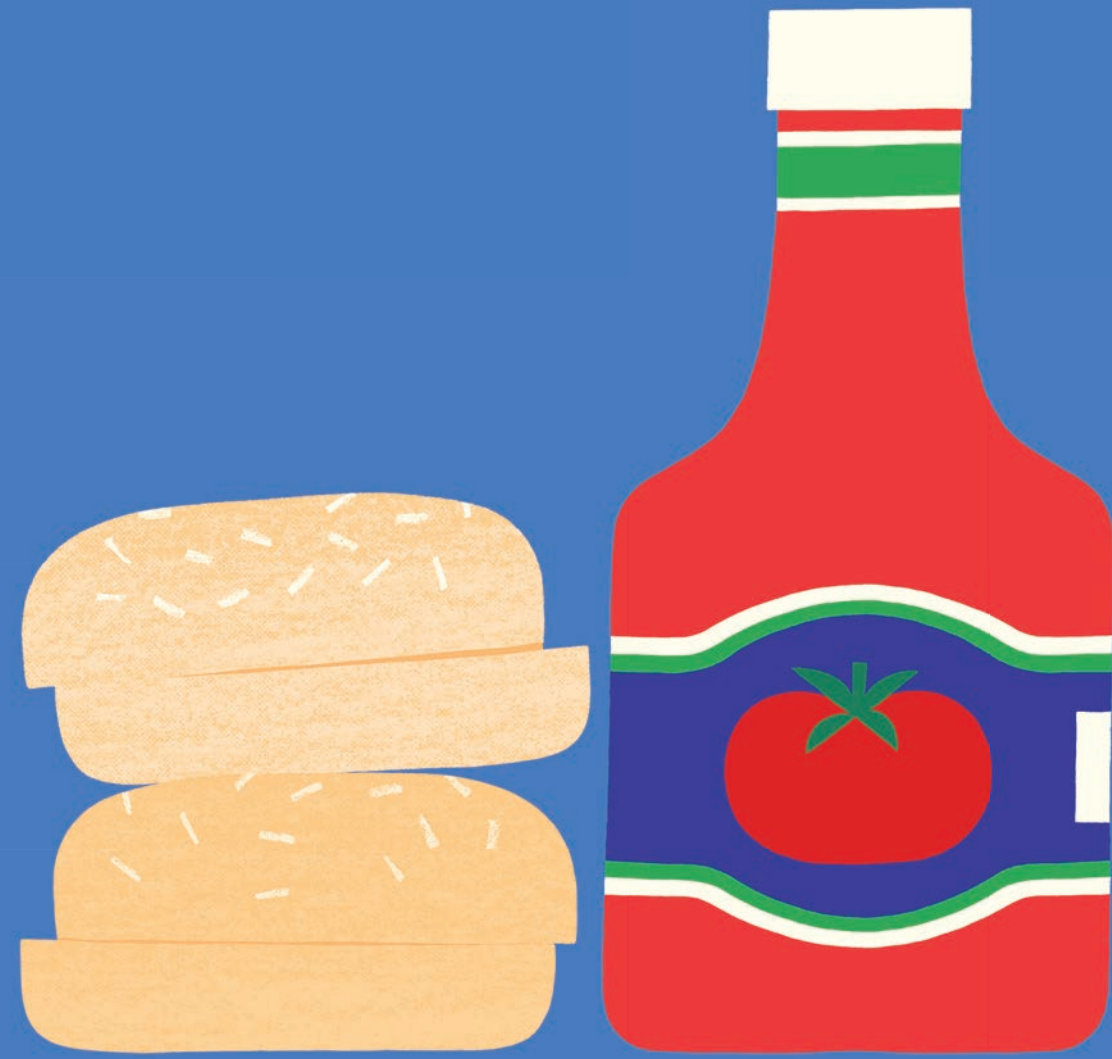
beef mince and lentils



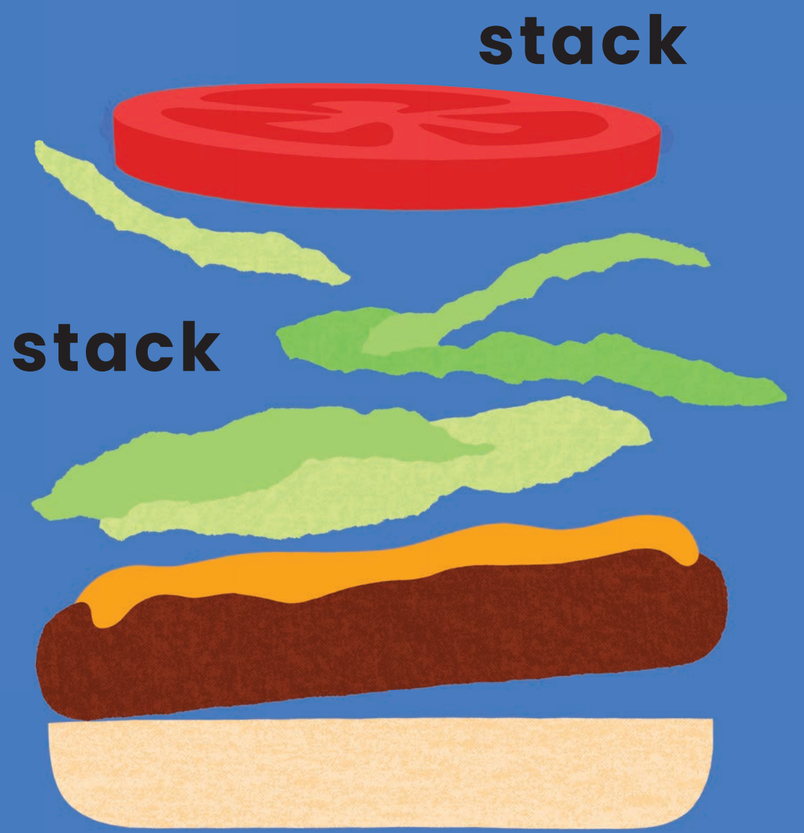
buns

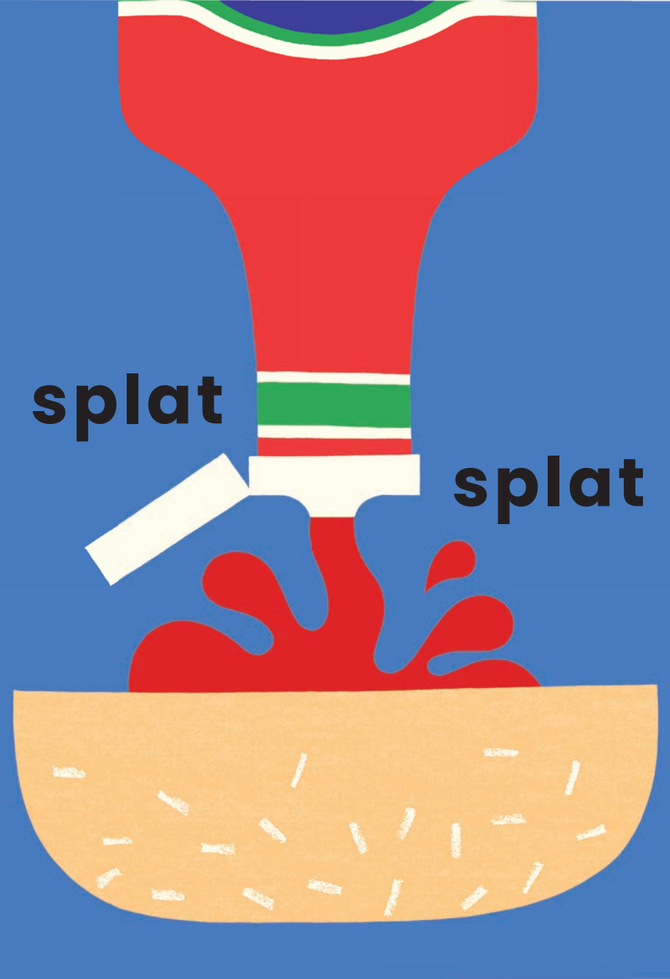
and

ketchup



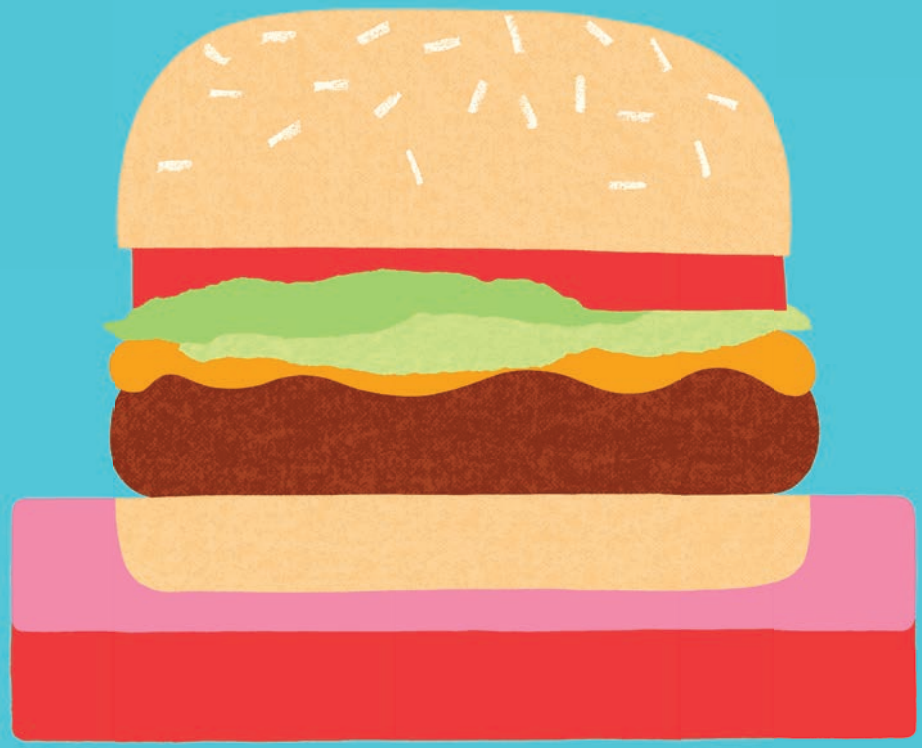
buns
and
ketchup





Brilliant burgers

Yum!



Let's make it!

Ingredients

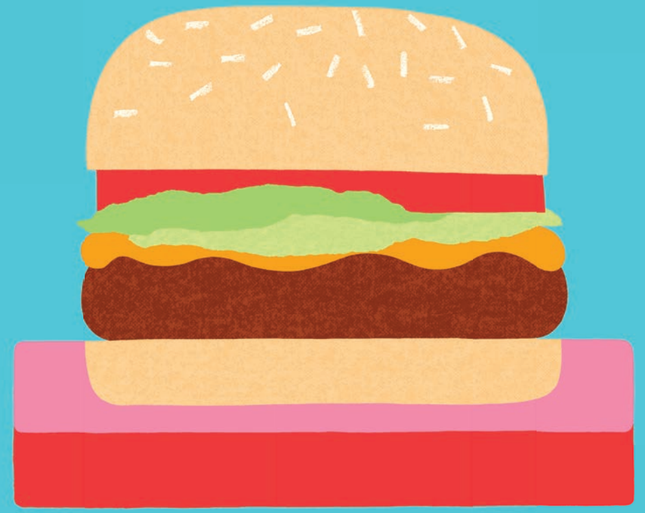
- 1 small handful of lettuce
- 1 ripe tomato
- 1 portion of higher-welfare minced beef or veggie mince
- 1 portion of tinned green lentils
- olive oil
- 1 slice of melty cheese
- 1 burger bun
- tomato ketchup

Method

1. Shred the lettuce and slice off a round of tomato
2. Scrunch the mince and lentils together and shape into a patty
3. Ask a grown-up to fry the burger in a hot pan with a drizzle of oil for 4 minutes on each side, melting the cheese on top at the end
4. Toast both halves of the bun, stack everything on to the bottom half, splat the ketchup, and put the top on

Brilliant burgers

Yum!



Let's cook safely

These books are intended to be shared between an adult and child.

- Now that you've read and enjoyed this book with your little one, if you're inspired to get cooking, simply follow the recipe instructions on the flap.
- These recipes can be enjoyed by the whole family, just dish up an appropriate portion according to your child's age.

Be clean Teach your child about the importance of washing their hands before they start, and after handling raw eggs, meat and fish.

Be mindful Make sure you choose age-appropriate kitchen kit for your child and supervise them closely when using sharp utensils like knives and box graters.

Be careful Keep your child well away from hot ovens, stoves, pots and pans.

And most importantly of all,

have fun!

Hello grown-ups!

My memories of growing up are full of food.

From the earliest age, I was involved in cooking at home, and I am ever so grateful to my mum and dad for giving me that gift.

Getting kids excited about food from a young age helps them develop an essential life skill and gives them a better chance of being healthier and happier in the long run.

That's where these books come in . . .

Learning about food opens up a whole new world of words, and I hope you've had fun together lifting the flaps to see it, then say it!

Food is also an adventure in trying new things: so if you feel inspired to get in the kitchen and give it a go, use the recipe to cook it, then eat it!

Enjoy your burgers!

Jamie x



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