

# Big Mac Fakeaway



Make a healthy Big Mac that will fill you up.

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Tags : Easy Beef Main Course

Dinner

Serves 1

Prep Time 10 Mins

Total Time 35 Mins

## Nutritional Facts

Amount per Serving ( 1 total )

Calories 690

Fat 14g

Carbohydrate 100g

Protein 42g

## Instructions

Step 1 :

Heat a frying pan with frylite spray to a medium heat. Throw small bits of the beef into a whisked egg. Prepare your mince into 2 small thin patties. Remember that beef shrinks so make them a small bit bigger than the bun. Mix in the black pepper and thyme.

# Ingredients

## Burger

1.5 Buns

100g Lean Mince

Ground Black Pepper

Thyme

1 Egg

Low Fat Cheese

1/2 tsp Mustard

1 tbsp Low fat Mayo

1/2 tsp Ketchup

Iceberg Lettuce

2 Gherkin Slices

1/4 Onion

## Chips

1 medium potato

Paprika

Ground Pepper

### Step 2 :

In the meantime, also heat the oven to 200C. Cut 1 potato into small strips. Spray with frylite spray and cover with paprika and black pepper and place in oven.

### Step 3 :

Next, prepare the ingredients. Cut up the onion, lettuce and gherkins to have ready for the burger. Mix a small bit of mustard and ketchup into a larger bit of low fat mayo and mix.

### Step 4 :

When the patties look done, take them off the heat and place 1 cheese slice on the bottom patty so it can melt. Next get 3 burger buns, two bottoms, one top and start constructing the burger. It goes bun, sauce, lettuce, onion, cheese patty, bun, sauce, patty, onion, gherkin, top bun.

Frylite

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