

Saturday: Wagyu Beef Steak Burgers

Ingredients

4 x 4oz Wagyu Beef Steak Burgers ([£7.00 from MuscleFood](#))

500g Chunky Sweet Potato Chips ([£2.00 from MuscleFood](#))

Olive Oil

Salt and pepper to season

Vegetables to serve

Method

1. Remove burger from fridge 30 minutes before serving. Pre heat oven to 180c.
2. Place sweet potato chips onto a baking tray, cover with olive oil and season to taste with salt/pepper/cajun/peri peri etc.
3. Rub olive oil into the burgers and season with salt and pepper
4. Heat a heavy set griddle pan or frying pan slowly until steaming hot then place burgers in the pan.
5. Fry the burgers for 90 secs each side then reduce the heat and fry for a further 2 minutes each side or until cooked through.
6. Rest the burgers for 2-4 minutes, remove the sweet potato chips from the oven and serve.
7. Gorge