

# LM Burgers with Smoky Red Pepper Sauce

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## Method

Try griddled or BBQ'd quarter pounders with crunchy green salad and delicious red pepper sauce. Just grill 2 deseeded peppers until the skins blacken and peel off easily.

Chop the flesh, add to a chopped onion softened in olive oil. Mix in a small can of chopped tomatoes, a pinch of smoked paprika and 1/2 teacup of water or vegetable stock. Season to taste and simmer for 15 mins. until thick and luscious.

While the burgers are cooking, tear up Cos or Little Gem leaves, mix with chunky pieces of cucumber and spring onion, toss with your favourite dressing and sprinkle with sunflower and pumpkin seeds. So healthy, so tasty!