

MOVE MORE INVITES YOU TO JOIN OUR FAKEAWAY CHALLENGE!

We all like to treat ourselves to a night without cooking by ordering some convenience food. Unfortunately, those “treats” can have a negative impact on your whole family’s health and wellbeing especially if you eat them often. This is why we are inviting YOU to join our Move More 7 Week Fakeaway Challenge.

How it works

1. You will receive a weekly recipe for a nutritious Move More Family Fakeaway.
2. Prepare this recipe with your children and enjoy it as a family.
3. Send us photos to show your family preparing and/or enjoying the meal together (Photos won’t be shared or used without your permission).
4. Photos should be sent to marijana@move-more.org
5. The winning photo will be announced at the end of the challenge.

Why take part?

1. Reconnect and have fun cooking with your family.
2. It’s proven to be healthier.
3. It’s easier to monitor your calorie intake.
4. It’s a time & money saver.
5. It teaches your children good habits from an early age.

WEEK ONE

Burger and Fries!

Did you know...



The average fast food order ranges between 1,100 to 1,200 calories total – that’s more than **HALF** of a females recommended daily calorie intake and half of a man’s daily intake. And if you thought restaurants are better, think again! Those eateries pump in even more calories, with an average of 1,327 calories per meal.



FLIP!

Burger and Fries!

Prep time: 20 minutes

Cook time: 40 minutes

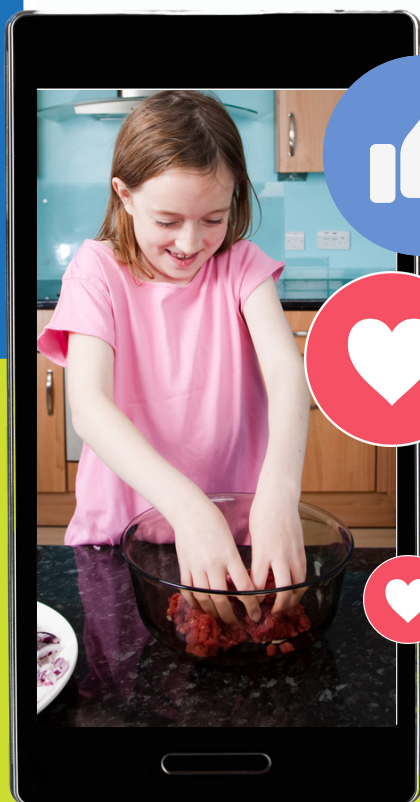
Serves: Family of 4

Cost: Approx £2.70 / meal

Shopping List

1 medium red onion, chopped
Vegetable oil or Fry Light Spray
1 garlic clove, crushed
½ tsp thyme leaves, chopped
2 slices of bread
250g minced beef
1 large tomato
Lettuce
4 slices of cheddar cheese
4 burger buns
750g Desirée potatoes
Pickled Gerkins

1. Heat oven to 210C. Cut each potato into 1cm-wide slices, then into 1cm-thick sticks. Blanch in a large pan of boiling water for 3 mins, then drain well.
2. Sauté (lightly fry) the onion in 1 tablespoon of sunflower oil for 5 to 6 minutes, until soft.
3. Add the garlic and thyme and cook for 1 minute.
4. Tear the bread into pieces and put in a food processor with the onion mixture and blitz together.
5. Combine all the ingredients in a bowl and season generously. Form the mixture into 6 burgers using flour-dusted hands.
6. Shake the potatoes out onto a roasting pan, drizzle with oil, ensuring each chip is evenly coated, then season well. Bake for about 30-35 mins, turning the potatoes at least twice, until golden brown and crisp.
7. Put burgers on a separate roasting pan. Cook them in the oven for 20-25 minutes, flipping half-way through.
8. Serve burgers in a bun with a slice of cheddar cheese, gerkin, lettuce and tomato with your chips on the side.
Add some salad leaves for an even more nutritious meal!



Email: marijana@move-more.org

Or Share your #FakeawayChallenge pics on social media

Don't Forget to Tag & Follow us @MoveMoreCIO

WWW.MOVE-MORE.ORG