

Pork Burger Patties in the Oven



Serves 3 **Prep 10 mins**

Cooking 30 mins

Easy

Ingredients

450 - 500g ground pork – makes 6 patties
1 small carrot, finely chopped
1/2 medium onion, finely chopped or grated
1 egg
1/2 tsp paprika (optional)
1/4 tsp ground black pepper
1/2 tsp garlic powder (optional)
25g bread crumbs
1/4 tsp salt

To serve

4 burger buns or brioche buns
slices of Manchego or cheddar
beef tomatoes, sliced
lettuce leaves
your favourite dipping sauce

1. Preheat the oven to 200C/180C Fan
2. In a large bowl, combine the ground pork, carrot, onion, paprika, garlic powder (if using), egg, salt, pepper & bread crumbs. Mix well.
3. Arrange an aluminium foil sheet on top of a baking tray. Lightly grease the top of the sheet with cooking oil to prevent the patties from sticking.
4. Divide mixture into 6 ball shaped figures. Gently press down on the ball shapes to form flat ground pork burger patties. Arrange the patties over the greased foil sheet.
5. Place the baking tray with pork burger patties inside the oven & bake for 25 to 35 mins or until the pork internal temperature reads 70C.
6. Remove the baked pork burger patties from the tray & arrange in a serving plate. Serve on burger buns with mayonnaise, cheese, tomatoes and lettuce.