

Pork & Apple Burgers



Serves 6 Prep 15 mins

Cooking 20 mins

Easy

Ingredients

500g pork mince
60g fresh breadcrumbs
2 tsp finely chopped fresh sage, or
1 tsp dried sage
1 dessert apple, coarsely grated
2 spring onions, finely chopped
1 free-range egg, lightly beaten
sea salt & freshly ground black
pepper

To serve

1 tsp olive oil
4 burger buns
1 head Little Gem lettuce, leaves
separated
2 tomatoes, thickly sliced
½ small red onion, cut into rings
English
mustard, to taste

1. Preheat the oven to 190C/170C Fan/Gas 5 and line a baking tray with foil.
2. Place all the meat mixture ingredients, into a bowl with a good pinch of salt and black pepper. Start mixing with a spoon then finish with your hands to get it totally mixed together.
3. The mixture should be used within 2 days.
4. Divide into 6 and form into burger shaped patties.
5. Heat the olive oil in a frying pan until medium hot, then add the burgers and fry on each side for 45-60 seconds until just browned. Lift out and place onto the lined baking tray. Bake in the preheated oven for 15 minutes until cooked through and hot.
6. Serve the burgers in the buns with mustard, lettuce, tomato and onion.