

Swedish Meatball Burgers



Makes 6

**Prep 15 mins
+ 1h chilling**

Cooking 10 mins

Easy

Ingredients

500g lean beef or pork mince
1 onion, coarsely grated
1 egg, beaten
25g dried breadcrumbs
grated nutmeg
1/4 tsp garlic powder
burger buns
sliced cheese
lettuce
sliced tomato
lingonberry sauce (optional) to serve

1. Tip the mince, onion, egg, breadcrumbs, nutmeg and garlic powder into a large bowl and generously season with black pepper. Mix everything together using your hands, then shape the mixture into 6 patties. Transfer to a plate, cover and chill for 1 hour or up to a day.
2. Heat a barbecue to medium or until a thin layer of coals has turned grey. Cook the burgers for 10 mins, turning occasionally, until lightly charred and cooked through. Top with sliced cheese during the final 2 mins of cooking time. The burgers can also be grilled or pan-fried for 10 mins, turning halfway through.
3. Serve the burgers in the buns topped with the lettuce, tomato and lingonberry sauce.