

## Pork, Sage and Apple Burgers

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes



1 ½ serves per portion

### Ingredients

500g lean pork mince

1 granny smith apple, grated

1 teaspoon seeded mustard

1 small onion, finely diced

¼ cup wholemeal breadcrumbs

1 sage leaf, finely chopped

1 egg, beaten

½ cup macadamia nuts, finely chopped

2 tablespoons Dijon mustard

4 wholegrain burger buns

2 cups salad vegetables

### Method

COMBINE pork mince, apple, seeded mustard, onion, breadcrumbs, sage and egg in a bowl.

DIVIDE mixture into 4 even patties.

HEAT a large non-stick frypan over medium-high heat.

ADD patties to the pan and cook on each side for 6 minutes.

COMBINE the macadamia nuts and Dijon mustard in a separate bowl.

SPREAD macadamia mustard onto the burger buns and top with patty and salad vegetables.



Everyday Food

*Recipe courtesy of Sara Faddy, Maleny Branch*