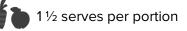
Pork, Sage and Apple Burgers

Serves: 4 Prep time: 15 minutes Cook time: 15 minutes



Ingredients

500g lean pork mince 1 granny smith apple, grated 1 teaspoon seeded mustard 1 small onion, finely diced 1/4 cup wholemeal breadcrumbs 1 sage leaf, finely chopped 1 egg, beaten $\frac{1}{2}$ 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.

Recipe courtesy of Sara Faddy, Maleny Branch



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