

Apple & Mustard Pork Burgers

Ingredients

- 500g new potato, halved if large
- large eating apple, quartered, cored and grated
- 500 pork mince
- 4 spring onions, trimmed and finely chopped
- 4 tbsp dried breadcrumb
- 4 tsp wholegrain mustard
- ½ small pack parsley, trimmed and finely chopped
- 1 egg, beaten
- 4 tbsp tzatziki
- rocket, to serve (optional)



Method

1. Heat the grill to medium-hot. Boil the potatoes for 20-25 mins or until tender.
2. Meanwhile, use your hands to squeeze any excess juice from the apple, then place in a bowl with the mince, onions, breadcrumbs, mustard, parsley and some seasoning. Use your hands to mix the ingredients until well combined. Add half the egg (reserve the rest for Chinese leaf pork wraps, see 'goes well with') and mix again. With clean, wet hands (to prevent sticking), shape the mixture into 2 burgers. Grill the burgers on a foil-lined tray for 18-20 mins, turning once until golden.
3. Drain the potatoes, toss in the tzatziki straight away and serve with the burgers and rocket, if you like.

Notes

A thrifty supper recipe for two. Serve your herby burgers with a tzatziki potato salad or Cypriot potato salad.

Serves 4.

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
415	16g	6g	38g	8g	4g	31g	1g