

Pork & Rosemary Burgers

Ingredients

- 250g (9ozs) fresh pork mince
- ½ small onion, finely chopped
- 1 garlic clove, crushed
- ½ tbsp finely chopped fresh rosemary
- Oil, for brushing
- 1 small baguette, split
- 1 tomato, sliced
- 2 gherkins, sliced
- 2 tbsp Greek-style yogurt
- 1 tbsp chopped fresh mint
- Salt and pepper



Method

1. Mix together the pork, onion, garlic and rosemary with salt and pepper to taste.
2. Divide the mixture into four and shape into flat burger shapes.
3. Brush a ridged griddle pan or frying pan with oil and cook the burgers for 6-8 minutes, turning once, until golden and cooked through.
4. Place a burger on the bottom half of each piece of baguette and top with the tomatoes and gherkins. Mix together the yogurt and mint.
5. Spoon the minty yogurt over the burgers and replace the baguette tops to serve.

Notes

Serves 1 or 2.(makes 2 burgers)

Each completed Burger

Energy	498 kcal	Protein	29.00g
Carbohydrates	24.19g	Fat	31.69g