

Pork & Thyme Cheeseburgers

Ingredients

- 25g butter
- 1 onion, grated
- 500g pack lean pork mince
- 2 egg yolks
- 1 tbsp finely chopped thyme

To serve

- 4 slices cheddar
- 4 tbsp chunky apple sauce
- 4 soft burger buns, split
- handful salad leaves



Method

1. Melt the butter in a small frying pan, add the onion and cook on a medium heat until soft and translucent, then cool. Tip the pork into a large bowl and add the onion, egg yolks and thyme. Season well and mix together with your hands – don't overhandle or you will make the burgers tough. Divide the mixture into 4 and shape into burgers. Chill for 30 mins to firm up.
2. Heat the barbecue and cook the burgers for 10 mins each side. Top each burger with a slice of cheese, followed by 1 tbsp apple sauce, then return to the barbecue and close the lid, cooking for a further 5 mins to allow the cheese to melt. If your barbecue doesn't have a lid, loosely cover with foil.
3. Quickly toast the buns, then serve with the burgers and some salad leaves inside.

Notes

Pork mince is good value compared to beef. Bitter salad leaves work well with the sweet apple, creamy cheese and herby meat.

Serves 4.

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
508	28g	13g	27g	6g	2g	35g	1.3g