

Lean pork burgers

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Lean pork burgers

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Fire up the barbie for a delicious summer treat

Ingredients (serves 4)

- 400g lean pork mince
- 1 tbs fresh flat leaf parsley, chopped
- 1 tbs grated parmesan cheese
- 4 tbs fresh or bought breadcrumbs
- 3 tbs red onion, finely diced
- 4 large lettuce leaves
- 4 large field mushrooms
- 4 tomatoes, sliced
- 4 wholemeal buns or rolls sliced in half
- Salt and pepper for seasoning, if desired
- Spray olive oil

Method

Place the mince, parsley, cheese, breadcrumbs and onion into a mixing bowl (add salt and pepper if desired). Mix well and form into four small patties to fit the bread rolls.

On a medium heat barbecue, spray some olive oil and place the patties onto the hotplate. Cook each

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side for about three minutes or until cooked. Cook mushroom on grill until it has browned slightly.

For serving, place a piece of lettuce, a mushroom and a slice of tomato on one half of a bun and add a cooked pork burger pattie. Cover with the other half and serve with your favourite condiment.

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