

## Apple, carrot & pork burgers



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Preparation 35 mins + cooling time | Cooking 12 mins | Makes 6

- 1 small onion, grated
- 1 medium carrot, grated
- 1 Granny smith apple, grated
- 500g pork mince
- 1 egg, lightly beaten
- ¼ cup rice bran or vegetable oil, for frying

### To serve:

- 6 wholegrain bread rolls, split
- ¼ small iceberg lettuce, shredded
- 3 ripe Roma (egg) tomatoes, sliced
- Tomato sauce

**STEP 1** Place onion, carrot, apple, pork and egg into a medium bowl. Season with salt and pepper. Using clean hands, mix until well combined. Form mixture into 6 even-sized patties. Place patties onto tray lined with baking paper, cover and refrigerate for 20 minutes or longer if time permits.

**STEP 2** Heat oil in a large frying pan over medium heat. Add patties and cook for 5-6 minutes on each side until golden and cooked through. Drain on paper towel.

**STEP 3** To serve, toast bread rolls, top bases with lettuce, tomatoes and a patty. Drizzle with tomato sauce, top with remaining buns and serve.

## Good for you... CARROTS

*The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked. Dietary fibre helps keep the intestine healthy.*

