

Fresh for Kids Apple, carrot & pork burgers

Fresh for Kids Apple, carrot & pork burgers

Makes: 12 patties
Preparation: 20 minutes
(+ 20 minutes chilling time)
Cooking: 8–10 minutes



1 small onion, grated
1 medium carrot, grated
1 medium Granny Smith apple,
peeled and grated
500g pork mince
1 egg, lightly beaten

vegetable oil, for frying
shredded Iceberg lettuce, to serve
sliced tomato, to serve
toasted English muffins or burger
buns, to serve
tomato sauce, to serve

1. Place onion, carrot, apple, pork mince, egg and salt and pepper to taste in a medium bowl. Using your hands, combine mixture well. Form mixture into 12 x 1cm thick patties. Place patties onto a sheet of baking paper on a baking tray, cover with plastic and refrigerate for 20 minutes (or until ready to cook).
2. Heat 1/2 cm oil in a large frying pan over medium heat. Add patties and cook for 4–5 minutes on each side or until cooked through. Drain on paper towel.
3. To serve, top toasted muffin or burger bun bases with lettuce, tomato, a burger (or 2 for big kids), drizzle with tomato sauce, top with muffin or burger bun tops and serve.

To freeze patties: place patties between sheets of plastic wrap in an airtight container. Freeze for up to 1 month.

Visit www.freshforkids.com.au

SYDNEY MARKETS™

Supplying quality fresh fruit & vegetables

SYDNEY MARKETS™