



Pork and Pink Lady® Apple Burgers

Serves 4



Created by : Caro Alberts

Ingredients:

Burger Patties

- ♥ 600g pork mince or pork sausage meat
- ♥ 2 Pink Lady® apples, diced
- ♥ 1 Tbsp (15ml) sage, chopped
- ♥ 1 egg
- ♥ 3 Tbsp (45ml) breadcrumbs
- ♥ Salt and pepper
- ♥ Oil for frying
- ♥ 4 hamburger buns

Coleslaw

- ♥ 1 cup (250ml) shredded red cabbage
- ♥ 1 cup (250ml) shredded cabbage
- ♥ ½ cup (80ml) plain yogurt
- ♥ ½ cup (80ml) mayonnaise
- ♥ 2 Tbsp (30ml) parsley
- ♥ Lemon zest
- ♥ Salt and pepper

Method:

1. Combine the mince, apples, sage, egg, breadcrumbs together in a bowl and season.
2. Shape into patties, cover with cling film and refrigerate for 20 minutes.
3. Heat oil in a pan and fry patties until browned and cooked through.
4. Combine slaw ingredients and season to taste.
5. Top buns with patties and a generous helping of coleslaw

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

