

Lamb, Apple & Mint Burger

Ingredients:

1 kg lamb mince
2 cloves of garlic, crushed
1 medium onion, finely chopped
2 apples, grated
1 small bunch of mint leaves, chopped
1 tsp paprika
salt and freshly ground black pepper



Makes 8-10 burgers

Method:

- Place the minced lamb, garlic, onion, grated apples, mint and paprika in a bowl. Season well with salt and pepper and mix well until well combined. This is easier if you use your hands. Alternatively the ingredients can be mixed briefly in a food processor, but be careful not to over-work the mixture.
- Divide and shape into 8-10 burgers. Place on a plate and leave to chill in the fridge for about 30 minutes.
- Brush the burgers with a little oil and cook for 5-6 minutes each side. They can be cooked over medium-hot barbeque coals, under the grill, fried or griddled.
- Serve the cooked burgers in buns with wedges of apples which can be either barbequed or griddled on both sides until they have grill marks and are softening slightly.