Dizzle Sky
KITCHEN CLUB & COACHING

QUICK & EASY PORK BURGERS

MINUTES TO PREPARE	MINUTES TO COOK	SERVES
5	20	2

INGREDIENTS

400g pork mince
1 teaspoon fennel seeds
2 tablespoons sunflower seeds
1/2 teaspoon ground cumin
1 teaspoon sesame seed oil
1 pinch of salt
1 large handful if coriander leaves, *finely chopped*

LET'S GET COOKING

1. Preheat the bbq until it's ready to use. Using a pestle and mortar, pound the sunflower seeds and fennel seeds together until you have a rough paste.
2. In a large bowl, mix together well the pork mince, ground fennel and sunflower seeds, ground cumin, sesame seed oil, salt and chopped fresh coriander. Shape into patties.
3. When the bbq is ready, cook for 10 minutes on either side.
4. Enjoy either in or out of a bun!

"My school of thought is that any meal which is super tasty and super quick and easy to prepare is a good meal… and this certainly ticks both of those boxes. This recipe is a throw-it-all-into-a-bowl-and-mix-it kind of recipe with no additional faff. I like cooking the burgers on the bbq as it sears the meat nicely (and saves on washing up!) As I'm gluten-free I have these bunless with just a salad and carbohydrate such as boiled new potatoes or chips, but they do equally well in a bun laden with all the usual condiments.

Team it with lots of lovely salads such as the mozzarella, avocado, tomato and courgette salad or a fresh tomato relish (see lamb recipe)"