



BURGERS WITH TOMATO RELISH & COLESLAW



MINUTES TO PREPARE
20



MINUTES TO COOK
40



SERVES
6

INGREDIENTS

For the burgers:

1 onion, peeled and diced
2 cloves of garlic, peeled and crushed
1kg pure beef mince
1 teaspoon Dijon mustard
1 teaspoon ketchup
1 tablespoon rapeseed oil
1/4 pinch of cinnamon
1 teaspoon paprika
1 teaspoon ground coriander
1/2 teaspoon ground cumin
1 teaspoon soy sauce
1 teaspoon dried or fresh base herbs (rosemary, thyme, sage or oregano)
Pinch Maldon sea salt
Freshly ground black pepper
A few flakes of fried chilli (optional)

For the tomato relish:

1 onion, peeled and diced
2 cloves of garlic, peeled and crushed
30ml red wine vinegar
30g brown sugar
1 tablespoon grainy mustard
1 teaspoon Worcestershire sauce
400g tin chopped tomatoes
1 large pinch of Maldon sea salt

For the coleslaw:

2 carrots, peeled and grated on the large grate
1/2 bulb fennel, grated on a large grate
1 apple, skin on grated on the large grate
1 tablespoon mayonnaise
2 tablespoons Greek yoghurt
1/2 teaspoon cider vinegar
1 teaspoon rapeseed oil
Pinch of Maldon sea salt
Freshly ground black pepper

LET'S GET COOKING

- 1 First, make the tomato relish so that it has time to cook (reserving some ingredients for your burger mix). Place a tablespoon of rapeseed oil into a saucepan and gently sauté the onions until translucent. Add the garlic for a further 2 minutes.
- 2 Take out half of the amount and place in a large bowl to the side ready for the burger mix.
- 3 Add the rest of the ingredients to the relish pan and give it a good stir. Bring it to the boil and then reduce to a simmer for 40 minutes until the sauce thickens. Stir from time to time to stop it catching on the bottom.
- 4 Preheat your barbeque or oven to 180/350/gas 4.
- 5 Next make your burger mix by adding all of your ingredients to the already cooked onions and garlic, then mix well. Take a handful of mince and roll it into a ball using both hands. Flatten slightly so that the burgers are 3cm thick.
- 6 If you are using a barbeque, place the burgers directly on the hot grill and cook for about 7 minutes on either side. If you are using an oven, heat a teaspoon of rapeseed oil in a frying pan, sear the patties on either side until brown and place them on a tray in the oven for 10 minutes.
- 7 Meanwhile, make the coleslaw by mixing all the ingredients together in a bowl and taste for seasoning.
- 8 If the burgers are ready before the relish, they can be left to stand on the side covered in tin foil. Enjoy with some homemade potato wedges or sweet potato fries.