FROM OUR KITCHEN

Naked beef burgers



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	15 min	25 min	4

01 Ingredients

- [ ] 500 g 500g lean beef mince
- [ ] 2.01 green onions, finely chopped
- [ ] 1 tbsp Cajun seasoning
- [ ] 1 small eggplant, thinly sliced
- [ ] 1 butter lettuce, leaves separated
- [ ] 2 vine ripened tomatoes, sliced
- [ ] 4 dill pickles, sliced
- [ ] 1.3 cup cup natural yoghurt
- [ ] 1 tbsp chopped coriander leaves +extra sprigs, to serve

02 Step-by-step method

01 Place mince, onions and Cajun seasoning in a large bowl. Season, mix well and form into 4 patties. Heat a large lightly oiled non-stick frying pan over medium heat. Cook burgers for 3-4 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil. Lightly spray eggplant with oil. Reheat same pan over medium-high heat and cook eggplant, in batches, if

necessary, for 1-2 minutes each side or until lightly browned. Set aside on a plate lined with paper towel.

02 In a small bowl combine yogurt and coriander. Season.

03 Divide patties, tomatoes, pickles and eggplant between 4 lettuce leaves. Top with yoghurt. Serve with remaining lettuce leaves, any remaining yoghurt, coriander sprigs and sweet potato fries.

03 Chef's tips

- Instead of mince sprinkle rump or minute steak with seasoning, and serve sliced in lettuce leaves.

- Moroccan or lemon pepper seasoning or fresh/dried herbs would also be great in the beef patties.

- Swap yoghurt for whole egg mayonnaise, if desired.