



EXPRESS BURGERS

SERVES: FOUR

INGREDIENTS

500g Trim Pork mince
1 Onion, chopped
1 tsp Dried or fresh chopped coriander
Salt and pepper
Wholemeal hamburger buns
Salad ingredients such as lettuce, tomato, cucumber, grated carrot, thin slices of avocado and sliced pineapple

For the hummus:

1 Large clove garlic
300g can Chickpeas
2 Tbsp Lemon juice
2 Tbsp Tahini
2 Tbsp Olive oil
¼ tsp Salt
Water or chickpea liquid to thin (if required)

STEPS

For the burgers:

1. Mix together the pork mince, onion, and seasonings in a bowl. Form into balls and flatten into patties.
2. Place on baking paper on an oven tray and bake at 170°C until cooked. These can also be grilled on a BBQ or cooked in a non-stick fry pan.
3. Cut each bun in half and spread with hummus. Place the hot patty on top of the hummus and add the salad ingredients.

For the hummus:

4. Place the garlic and drained chickpeas in a blender or food processor, fitted with a metal chopping blade, and process until finely chopped. Add the tahini and lemon juice.
5. Process until evenly mixed, then add two tablespoons of the oil and 1/4 teaspoon of salt.
6. Process until very smooth, stopping once or twice to scrape down the sides, and adding the water or chickpea liquid to thin to the desired consistency, if required. Taste and add a little extra salt if needed.
7. Keep in the fridge in an air tight container for 3–5 days.

Burger recipe from the team at Express Couriers Ltd. Hummus recipe taken from *The New Zealand Diabetes Cookbook* and is reproduced courtesy of Simon and Alison Holst.

NUTRITIONAL VALUES (APPROX. PER PATTY WITH HUMMUS FOR FOUR SERVINGS)

1,260 KJ | 301 Cals | 27.1g Fat | 4.8g Carbs (does not include bun)