



IN THE KITCHEN

Pork and apple burgers

Ingredients:

- 1 pack/400g of lean pork mince
- 1 medium sized apple (grated)
- 1 medium sized onion (grated)
- 1 slice of bread (toasted and grated into crumbs)
- 1 egg (beaten)
- 1 tablespoon of Worcestershire sauce
- Black pepper to taste

You'll also need:

- A large mixing bowl
- A frying pan

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Method:

- Put all the ingredients together in a bowl and mix until well combined
- Using your hands, separate the mixture into 4 large or 8 small balls
- Shape the balls into 1cm thick burgers
- Fry in a pan (no oil needed) for around 15-20 minutes (turn halfway through) or until the burgers are cooked (no longer pink in the middle with clear running juices)

Serving suggestion:

- Serve on a bun with homemade wedges and a colourful salad

TOP TIP:

Ask your child to help you with mixing and shaping the burgers

