

BANTING BURGER WITH FETA

INGREDIENTS

BEEF PATTIES:

1kg Beef Mince

1 Onion

2 cloves Garlic

150g Feta

2 Eggs

1/2 handful Fresh Mint

1/2 handful Fresh Basil

2 tsp Chilli Flakes

2 tsp Black Pepper

1 tsp Salt

ROSTIS:

1 Onion

2 Tbsp Olive Oil

4 cup Grated Courgettes

2 Tbsp Fresh Mint

2 Eggs

150g Cheddar

Pinch Salt

To taste Black Pepper

AVO TOPPING

2 Ripe Avo's

½ Lemon

1/2 Tbsp Fresh Parsley

1/2 Tbsp Fresh Basil

To taste Salt & Pepper

2 Tbsp Olive Oil

METHOD

Chop up the garlic, the onion, the mint, the basil and the parsley finely.

Crumble the feta and grate the cheddar.

For the Beef Patties: Mix all of the ingredients together, divide into palm-sized balls, flatten gently and then place on a plate in the fridge to firm up for about 30 minutes if you have the time. Fry in 1-2 Tbsp olive oil for 3-5 minutes on each side or until golden and cooked through.

For the Avo Topping: Make the avocado topping by roughly mashing the avocado with a fork and adding the remaining ingredients.

For the Rostis: Heat a frying pan over medium heat, add 1 Tbsp olive oil and soften the onions for 5 minutes. Remove and set aside. Meanwhile, mix together the courgette ingredients, then leave to drain over a sieve for a few minutes, and gently squeeze out any excess juice. Roll the mixture into palm-sized balls and then flatten gently until they are at least the same size as the beef patties, if not slightly wider in diameter. Fry in 1-2 Tbsp olive oil for 2-3 minutes on each side or until golden and cooked through. They are careful as they have no flour to bind them together, so take care when frying and turning.

Drain on kitchen paper and then assemble the burgers and eat immediately.

Just sit the patty on a rosti and dollop the avocado on top and enjoy.

