



the scoop on nutrition

Peanut Butter Pork Burger

Serves 8

Preparation time: 25 minutes

Cooking time: 10 minutes

Ingredients

1½ cups thinly sliced red cabbage
1½ cups thinly sliced green cabbage
1 carrot peeled and cut into julienne strips
2 spring onions, finely sliced
½ long red chilli, finely sliced
1/3 cup shredded mint
¼ cup chopped coriander
1 tablespoon toasted sesame seeds

2 tablespoons oil
1 tablespoon cider vinegar
¼ teaspoon caster sugar
Finely grated rind of 1 lemon
Salt and freshly ground black pepper to taste

500g lean pork mince
½ cup wholemeal or sourdough breadcrumbs
1/3 cup KRAFT Natural Peanut Butter Smooth
2 tablespoons sweet chilli sauce

Toasted slices sour dough, ancient grain or multigrain bread, for serving

Method

1. COMBINE cabbages, carrot, spring onion, chilli, herbs and sesame seeds in a bowl. Mix oil, vinegar, sugar, lemon and seasonings and toss through salad. Cover and refrigerate for at least one hour.
2. MIX together the mince, breadcrumbs, peanut butter, sweet chilli sauce and seasonings. Shape into 8 burgers, approximately 1½ cm thick. Chargrill, barbeque or fry the burgers for 4 minutes a side or until cooked through. Serve with toast and salad.