

Lamb burger with aubergine bun, feta beetroot relish & kaleslaw

Replace one cheap, nasty burger bun with some beautiful aubergine and upsize your burger to a happy place. Yes, you may have to forgo the customary eating with your hands here, but at least this way you don't have to contemplate life without burgers!

Serves	3-4
Prep time	15 minutes
Cooking time	15 minutes
Carb count	11.3 g per serving (burger, relish and kaleslaw)

EQUIPMENT
Scales, grater, bowl, pot with a lid, frying pan, oven tray

INGREDIENTS
500 g lamb mince
1 onion, diced
5 g (1 tsp) ground cumin
1 clove garlic, crushed
salt and pepper to taste
olive oil for cooking
1 aubergine/eggplant, sliced into 1 cm rounds
1 tomato, sliced
20 g cheese per burger (optional)
handful of salad leaves (optional)
100 g (1 cup) kaleslaw (page 120)

Beetroot Relish
50 g (1 small) raw beetroot
15 ml (1 tbsp) white wine vinegar
15 ml (1 tbsp) olive oil
15 ml (1 tbsp) water
50 g (medium-sized piece) feta, crumbled

METHOD
Preheat oven to 180°C. For the relish, peel the beetroot and grate it into the bowl. Pour the vinegar, olive oil and water into the pot and bring to the boil. Add the beetroot to the liquid, cover with a lid and cook on a low heat for 5 minutes. Allow the beetroot relish to cool completely, then stir through the feta.

Combine the lamb mince, onion, cumin, garlic, salt and pepper in a bowl. Form patties the same size as the aubergine slices. Pan-fry the patties in a little olive oil until lightly coloured on both sides and then transfer to the oven tray. Bake the patties for approximately 6 minutes, depending on size. Meanwhile, clean the frying pan and gently fry the aubergine rounds in some more olive oil for 2 minutes on each side.

When the lamb patties are ready, serve sandwiched between two aubergine slices. Top patties with tomato, cheese and salad leaves, if desired. Serve burgers with kaleslaw and beetroot relish on the side. My oven chips (page 154) also make a great accompaniment.

