

# Aussie Lamb Burger with Poached Egg



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- 500g Lean lamb mince
- 1 Egg
- ¼ bunch Mint (chopped)
- 1 small Onion (diced)
- ½ cup Bread crumbs
- 4 Damper rolls
- ½ Iceberg lettuce (sliced)
- 4 Eggs (semi soft poached)

- 4 tbsp Tomato chutney

Method

1. Place lamb mince into a bowl add egg, mint, onion and crumbs, mix well. Divide mixture into four equal amounts and form into patties.
2. Grill gently on a BBQ or pan-fry until cooked. Split rolls in half, top bottoms of rolls with equal amounts of lettuce, then patties, poached eggs, tomato chutney and finish by adding the top of bun.

Notes

Add sliced low-fat cheese for extra flavour

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
392g	2450kj 586kcal	43g	19.8g	5.2g	55.8g	13.5g	1060mg	4.1g

All nutrition values are per serve.