

Aussie Lamb Burger with Poached Egg and Tomato Chutney

10 mins

4 people

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Dinner Recipes , Quick & Easy , Lunch Recipes



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

Place lamb mince into a bowl add egg, mint, onion and crumbs, mix well. Divide mixture into four equal amounts and form into patties. 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