

Easy Homemade Burgers

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Burger

- 0.5kg or approx. 1lb ground lamb, chicken or grass-fed beef
- 1 small onion, finely chopped
- 2 tbsp olive oil or coconut oil
- 1 egg
- 1/2 cup almond flour
- 1/4 cup fresh mint, chopped
- 1 tsp garlic powder
- Pinch sea salt and black pepper

Toppings

- Dijon mustard
- Sliced pickles
- Sliced tomato
- Sauerkraut
- Kale or romaine lettuce

Instructions:

1. In a large pan, heat oil to medium and saute onions until translucent and soft. If you want to caramelize them, saute longer until they start to brown and caramelize. Set aside and let cool slightly before adding to meat.
2. In a large mixing bowl, add ground meat. Next add egg, almond flour, mint, garlic powder, onions, sea salt and black pepper.
3. Combine ingredients fully. It's easiest to do this with your hands. Form into 5 or 6 burgers.
4. Heat grill to medium-high. Cook fully till well done or to your liking, but chicken must be cooked until there is no more pink meat.
5. Now it's time to dress up your burgers! I've included my fave toppings including dijon, pickles, tomato, sauerkraut and lettuce. Enjoy!

Notes:

Makes 5-6 large burgers. My fave burger buns are Unbun or Silver Hills Bakery Buns.