

Teriyaki Style Pork Burgers

Iron is needed for healthy blood and women need more than men. This dish provides an important contribution to the iron requirements.

Serves: 10

Cooking time: 20 minutes

Preparation time: 15 minutes

Ingredients:

1.5kg (3lb 5oz) lean minced pork
75g (3oz) wholemeal bread crumbs
113g (4oz) onion, finely chopped
4 spring onions, finely chopped and including the green leaves
90ml (8tbsp) light soy sauce
100ml (8tbsp) orange juice
56g (2oz) ginger powder

10 brown bread buns
1 x Batavia Lettuce
3 tomatoes, finely chopped
½ large cucumber, finely chopped

Preparation:

1. Combine all ingredients and form into equal size and weight burgers.
2. Preheat the grill or barbeque on high.
3. Reduce heat to medium.
4. Grill or barbecue 5-10 minutes per side constantly turning or until no pink remains.

Serving suggestion:

Serve on the wholemeal buns with fresh salad of Batavia lettuce and chopped tomato and cucumber salsa.

Nutritional Information

Typical values per portion

1538 kJ/363kcal
40g protein
33g carbohydrate
Of which sugars 6.5g
8g fat
Of which saturates 2.8g
3g fibre
1.73 mg thiamin
1.5mg vitamin B12
5.45mg iron

4.2mg zinc
0.7g sodium

1 portion of fruit and vegetables per serving

GDA percentage per serving

Energy 18%
Fat 12%
Saturated fat 14%
Carbohydrate 14%
Total sugars 7%
Protein 88%
Fibre (NSP) 14%
Salt 32%