

DUCK AND PORK CITRUS BURGERS

A lean, high-protein burger with a fresh citrus twist.

Serves 6 Per serving:
(1 burger with bun and garnish):
270 calories, 5.7g fat
Protein: 20.3 g
Carbohydrate: 34.5 g
Fibre: 2.4 g

Prep time: 10 mins
Cook time: 20 mins

INGREDIENTS

200g lean duck breasts, fat removed
200g lean pork mince
2 tsps vegetable bouillon powder
1 tsp smoked paprika
1 tbsp freshly zested orange
4 spring onions, chopped
6 burger buns
1 little gem lettuce
2 tsps low-fat mayonnaise
40g quince jelly/paste
1 satsuma, sliced

METHOD

1. Preheat the barbecue or griddle pan. Cut the duck breasts into chunks and place in a food processor. Blend until coarsely chopped.
2. Put the chopped duck and the pork mince into a mixing bowl, add the remaining ingredients and mix well.
3. Divide into 6 balls and press into burger shapes between the palms of your hands. Cook on the preheated BBQ or griddle pan for 20 minutes, turning regularly. Spread the mayonnaise on both sides of the burger buns. Top with the burger and garnish with quince and satsuma.

