

Lamb and Lentil Burgers with Kiwi and Chilli Salsa

These delicious burgers and salsa work well together and the tasty meat with the tangy salsa is an unusual combination. The burgers are perfect for a midweek meal or cooked on a larger scale for a party or barbecue. This recipe is low in sugar and saturated fat and is also a source of iron.



Milk, soya and wheat (gluten)*

Nutritional information per portion (306g):

Energy	Fat	Saturates	Sugars	Salt
2024kJ 482kcal	12g 17%	4.6g 23%	9.1g 10%	1.3g 22%

of an adult's reference intake.
Typical values per 100g: energy 662kJ/158kcal.

Equipment

Weighing scales
Can opener
Sieve
Large bowl
Food processor or stick blender
Chopping board
Sharp knife
Garlic press
Measuring spoons
Wooden spoon
Baking tray
Baking paper
Clingfilm
Palate knife or fish slice
Metal skewer or knife

Salsa

Chopping board
Sharp knife
Small bowl
Teaspoon
Mug or cup
Scissors

Ingredients

Serves 6

1 x 400g can green lentils
100g wholemeal bread
1 bunch spring onions
2 cloves garlic
1 x 5ml spoon harissa paste
OR 1 chilli (optional)
1 x 5ml spoon tomato purée
2 x 5ml spoons ground cumin
150g low-fat natural yoghurt
500g lean lamb mince
Black pepper (optional)
12 x medium wholemeal burger buns, to serve

Salsa

1 small red onion
1 red chilli
2 plum tomatoes
2 kiwi fruit
1 lime
Black pepper (optional)
Handful (10-15g) fresh coriander

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Lentils are a good source of protein that also count towards your 5-a-day when used alongside other sources of protein, as in this recipe. They're also cheap, so if you're on a tight budget reduce the amount of meat by 100g and add 100g of mashed (well drained) canned red kidney beans and an egg with the lentils. You may find the burgers are more likely to break up, so grill them on a lightly greased baking tray rather than on the grill rack.

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Method

1. Carefully open the can of lentils and drain them into the sieve. Rinse under cold water to remove the starch.
2. With very clean hands, take a handful of lentils and squeeze hard to remove all the liquid and squash them a bit. Place the crushed lentils into the large bowl. Repeat with the rest and discard the liquid.
3. Make the bread into breadcrumbs in the food processor or using a stick blender and tip into the bowl.
4. Top, tail and wash the spring onions. Finely slice and add to the bowl.
5. Peel and crush the garlic and add to the bowl.
6. Measure the harissa (if using) into the bowl or remove the seeds from the chilli and finely chop. Remember to wash your hands after handling chillies.
7. Measure the tomato purée and ground cumin into the bowl and add the yoghurt.
8. Place the lamb mince in the bowl with the rest of the ingredients. Wash your hands after touching raw meat. Grind some black pepper (if using) over it all and give the mixture a thorough stir with a wooden spoon.
9. Prepare the baking tray by lining with a sheet of baking paper.
10. With clean hands, divide the mixture into 12 equal-sized pieces. Roll each into a ball between the palms of your hands, then gently flatten to a burger shape and place on the baking tray. Wash your hands after handling the raw meat.
11. Ideally, the burgers should chill for 30 minutes in the fridge, covered in clingfilm to help them bind. Use this time to make the salsa (see opposite).
12. Preheat the grill to medium and place the burgers under the grill for 5–7 minutes. Then carefully turn them over using a palate knife or fish slice and grill for a further 5–7 minutes. Check they are cooked by sticking a skewer or knife into the centre – if the juices run clear they are done, if not, grill for a bit longer on each side.

13. Slice the burger buns in half horizontally and lightly warm under the grill before filling with the burger and salsa to serve.

To make the salsa

1. Peel and finely chop the onion, as small as you can, then place in the bowl.
2. Deseed the chilli and finely chop, as small as you can, and add to the onion. Wash your hands after handling raw chilli.
3. Cut the tomatoes into small chunks and add to the bowl.
4. Cut the kiwis in half across the middle. Using a teaspoon, scoop out the flesh from the skin and chop it into small chunks.
5. Slice the lime into 4 wedges (through the stalk end), then carefully cut out the white pith that runs down the middle. You can now squeeze the lime easily into the bowl using your hands.
6. Grind some black pepper to taste (if using) over the ingredients.
7. Pick off the coriander leaves and place in the mug or cup. Using scissors, chop the coriander into fine pieces and add to the bowl.
8. Stir all the ingredients to combine, and serve with the burgers.

Top nutrition fact

- Lamb and lentils are both sources of iron. Iron is important to help our bodies make red blood cells and carry oxygen around our bodies. A lack of iron causes tiredness, lethargy and can lead to iron deficiency anaemia.

Something to try next time

- Swap the lamb for beef, pork, turkey or venison mince.
- Why not cook these on the barbecue in summer? As burgers are more likely to break up when cooked on the barbecue, add a beaten egg at step 7.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, squeezing, blending and grilling.