

PORK & LEAVES

Time: 30 minutes

Serves: 4

Ingredients:

- 1 pound lean ground pork
- 1 tablespoon lentil flour
- 1 ½ teaspoon kosher salt
- 1 teaspoon very finely ground espresso
- 1 teaspoon chili powder
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground oregano
- ⅛ teaspoon fresh ground black pepper
- Lettuce leaves
- Tomato slices
- Red onion slices

Preparation:

Preheat your BBQ grill on medium.

Place the pork, flour, salt, espresso, chili, onion powder, garlic powder, paprika, cumin, oregano and pepper in a bowl. Mix with your hands until just evenly combined.

Form the meat mixture into four patties.

Grill for two minutes on each side or until cooked through.

Plate the burgers with the lettuce, tomatoes and onion slices.

Nutritional Information Per Serving:

- Calories: 279
- Fat: 20g
- Carbs: 4g
- Fibre: 1g
- Protein: 19g