



Mediterranean Burgers

Brighten up your barbecues with these tasty burgers, crammed with all the flavours of the Mediterranean.

Ingredients

500g (1lb) of mince
50g (2oz) of sun-dried tomatoes, drained and finely chopped
2 garlic cloves, peeled and crushed
2 tbsp freshly grated parmesan
25g (1oz) of pine nuts, roughly chopped
2 tbsp fresh basil, finely chopped
Salt and freshly ground black pepper

Method

1. In a large bowl, combine all the ingredients together thoroughly.
2. Alternatively, before chopping or crushing, blitz all the ingredients (except the mince), in a food processor, to a coarse paste and then work into the mince.
3. Shape out into 4 - 6 equal sized rounds, then cover and place in a fridge for 1 hour.
4. Then grill or barbecue the burgers on a medium heat, for about 10 minutes each side, until cooked through.
5. Then serve on a JUVELA Gluten-Free Roll with a dollop of ketchup, add some side salad to complete the meal.