



Lemon and pork burgers

Prep: 15 mins • Cook: 20 mins • Serves: 4

Home-made burgers are often lower in salt than the shop bought alternatives and are easy to make too!

Ingredients

- 400g pork mince
- 50g white breadcrumbs
- 1 small onion
- 2 teaspoons fresh sage
- 2 teaspoons fresh thyme
- Zest of 1 lemon
- Pinch of ground black pepper
- 1 egg
- 1 beef tomato
- 2 teaspoons olive oil
- 4 wholemeal rolls
- 50g fresh rocket leaves
- 20g crème fraiche, to serve

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium		Low salt
35.5g	Carbohydrate	410Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.



Carbohydrate The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium The quantity of meat and egg in the portion size recommended keeps the phosphate per portion low. If you have been prescribed a phosphate binder ensure you take them with this dish.

As there is only a small portion of salad with each burger this keeps the potassium content low.

Protein This is a high protein dish suitable for people on dialysis. If you have been advised to reduce your protein intake try making a smaller burger or restrict other high protein foods for other meals in the day.

Special diets

Gluten free: Use gluten free breadcrumbs or make your own. Serve with a gluten free roll or a gluten free pasta salad.

Vegetarian / Vegan: For a vegan and vegetarian alternative see the kidney kitchen recipe for Veggie bean burgers.

Healthier option If want to reduce the amount of fat you eat turkey mince can be used as a lower fat alternative.

Cheaper option Freeze any left-over pork mince on the day you buy it, for use in other meals. Dried herbs may be used in place of the fresh.

Storage Any leftover burgers should be allowed to cool, refrigerated and consumed within two days.



Cooking in the kitchen with Chef Paul Ripley

Dig into this fresh and flavourful lemon and pork burger. A family favourite, perfect for a summer barbeque.



1

Preheat the oven to 180°C/gas mark 4 if using. Peel and finely chop the onion and herbs. Place the pork, onion, herbs, lemon zest, egg and black pepper in a bowl and mix well.



2

Shape into 4 round burgers and set aside. Be careful not to make your burgers too thin as they may dry out during cooking.



3

Cook the burgers on a hot, non-stick pan for 15-20 minutes until the meat is cooked. Alternatively you can cook them in the oven for about 20 minutes at 180°C. Slice into the centre of one of the burgers to check that they are fully cooked to well done.



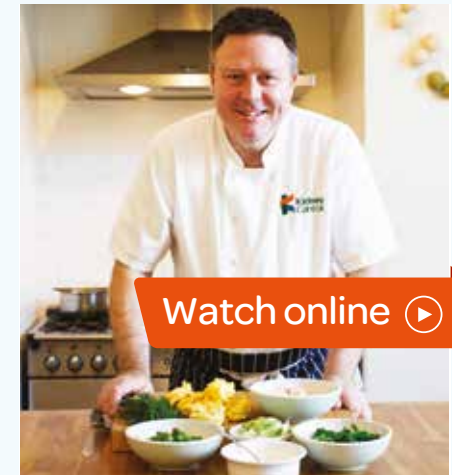
4

Halve and toast the bread rolls, place a burger on each bottom half and one slice of beef tomato, followed by some fresh rocket and a teaspoon of crème fraiche on each to serve.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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