

BBQ Taco Burger



Ingredients

For the burger patties

500g good quality minced beef

1 small onion, very finely chopped

2 tsp fresh garlic, crushed

1 egg, lightly beaten

1 tbsp burger rub (we recommend Lane's Fiesta Rub!)

1/2 cup tomato salsa

1 cup breadcrumbs

1 tsp salt

8 lettuce leaves

1/2 red onion, thinly sliced

4 slices cheddar cheese

1 avocado, deseeded and mashed

1/2 lime, juiced

Salt and freshly ground black pepper

1 large tomato, finely chopped

4 burger buns, split in half

Small packet of good quality plain corn chips

Directions

Step 1 – In a large bowl, mix together the mince, onion, garlic, egg, burger rub, half the salsa, breadcrumbs and salt. Mix well, then with wet hands, form into 4 burger patties, place on a tray and refrigerate for at least an hour.

Step 2 – In a small bowl, combine the avocado, lime juice, salt and pepper to taste and set aside.

Step 3 – Heat the BBQ to medium – high heat (200 - 220°C) and prepare for direct cooking with a grill, hotplate or BBQ safe frying pan. Cast iron works best for this recipe.

Step 4 – Ensuring the grill, hotplate or frying pan is at the required temperature, place each pattie onto the cooking surface, flatten the patties and cook until the outside is charred and the inside is cooked to your liking. In the last 2 minutes of cooking, place a slice of cheese on top of each pattie to melt.

Step 5 – At the same time, place the burger rolls cut side down onto the hotplate or directly onto the grill to toast slightly.

Step 6 – Assemble the burgers with lettuce, onion, the burger pattie with cheese, tomato salsa, mashed avocado, chopped tomato and a handful of corn chips. Serve immediately.

