

Ontario

pork burger

with basil
mayonnaise

Recipe and image
courtesy of Manitoba Pork



ONTARIO PORK

Ontario Pork Burger

with Basil Mayonnaise

1 lb / 500 g lean ground Ontario pork	1/2 tsp / 2 mL each salt and pepper
1 egg, beaten	6 hamburger buns
1/4 cup / 50 mL dry bread crumbs	6 lettuce leaves
1 medium onion, finely chopped	1 tomato, sliced
2 cloves garlic, minced	1 small red onion, thinly sliced
2 Tbsp / 25 mL white wine vinegar	alfalfa sprouts (optional)
2 tsp / 10 mL Dijon mustard	Basil Mayonnaise:
1 Tbsp / 15 mL chopped fresh basil	1/4 cup / 50 mL light mayonnaise
	1 Tbsp / 15 mL chopped fresh basil

Place pork in a bowl. Add egg, bread crumbs, onion, garlic, vinegar, mustard, basil, salt and pepper. Mix lightly with a fork to combine. Form into six 3/4" (2 cm) thick patties. Preheat barbecue on high. Reduce heat to medium. Grill patties 5-10 minutes per side. Always cook ground pork to well done (until no longer pink inside and digital thermometer inserted sideways into the centre reads 160°F (71°C)).



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In a small bowl, whisk mayonnaise with basil; top patty with a dollop of basil mayo. Garnish with alfalfa sprouts if desired. Sandwich lettuce, tomato, red onion or toppings of your choosing in buns with burgers.

Yield: 6 servings

Did you know?

Ground meats labeled "lean," whether ground pork, chicken, turkey or beef, all have a similar fat content, around 17%.