



Recipe and image courtesy of Diabetic Living Magazine

Chargrilled Burgers with Mango & Lime Salsa

25 MINUTES | SERVES: 2

INGREDIENTS

- 2 Peppercorn Extra Lean Beef Burgers
- Cooking spray
- 8 small butter lettuce leaves
- ¼ cup fresh coriander leaves
- 200ml chilled unsweetened juice of your choice (per person)
- 185ml (1½ cups) chilled soda or mineral water (per person)
- Ice cubes, to serve

Mango and Lime Salsa

- 1 small mango, flesh finely chopped
- 1 green shallot, finely chopped
- ½ small fresh red chilli, finely chopped (optional)
- ½ tsp shredded lime zest
- 1 tsp freshly squeezed lime juice
- Freshly ground black pepper

PREPARATION

1. Mango and lime salsa: Put mango, shallot, chilli, if using, lime zest and lime juice in a small bowl. Season with pepper. Toss to combine. Set aside.
2. Divide burgers into 4 patties. Spray a barbecue grill or chargrill pan with cooking spray. Cook patties for 3 minutes on each side or until cooked through.
3. Divide lettuce between shallow bowls. Top each with 2 burgers. Top with salsa.
4. Divide juice between glasses. Top up with soda water. Add ice cubes to serve.
5. Accompany burgers with the drink.