

**Canadian**

# *pork burger*

with basil  
mayonnaise



**PORK · PORC**  
**MARKETING CANADA**

Recipe and image  
courtesy of Manitoba Pork

# Canadian Pork Burger

## with Basil Mayonnaise

**PORK·PORC**  
**MARKETING CANADA**

[www.putporkonyourfork.com](http://www.putporkonyourfork.com)

1 lb / 500 g lean ground Canadian 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	<b>Basil Mayonnaise:</b>
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)).

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%.*

A 100 g average serving of raw, trimmed Canadian pork contains 129 calories, 22 g protein, 3.9 g fat and 0 g carbohydrates.