



The Vishal Burger with hot salsa



45
minutes



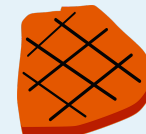
Ingredients



French fries



4 Burger buns



Turkey or
chicken mince



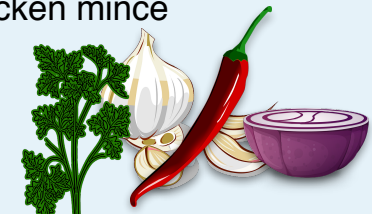
Vishal burger
spice mix



2 Tomatoes, 1 bell pepper, 1
lime and cosmopolitan lettuce



1-2 tsp
Honey



1 bunch fresh coriander, 2
cloves fresh garlic, 1/2 red
onion, 1 red chili

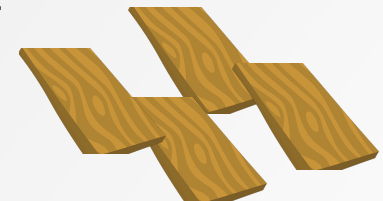
Equipment



Knife and
cutting board



Bowl



4 Serving boards or
plates.



Spoon for stirring

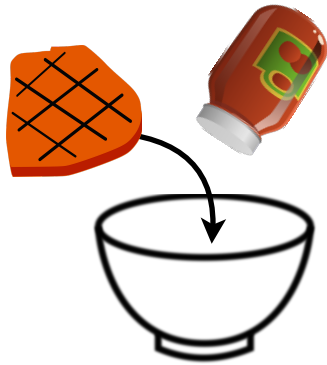


Grill pan or
frying pan

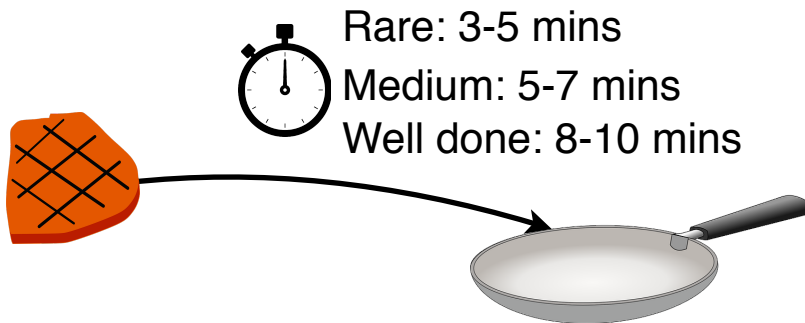


Spatula for frying

Instructions

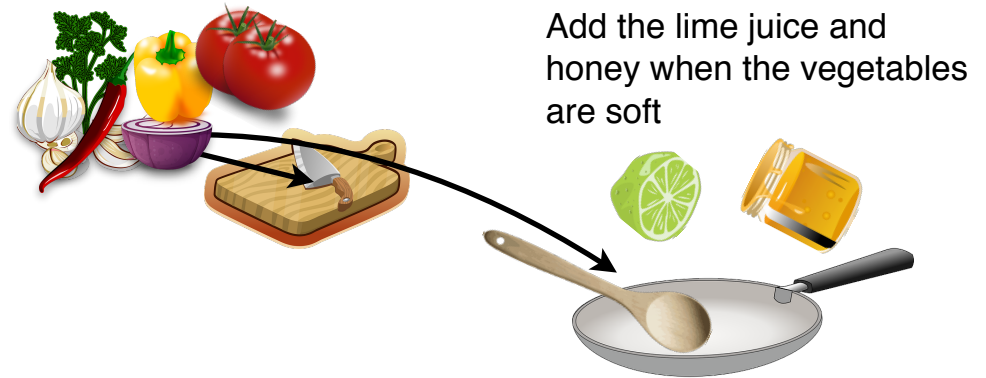


- 1** Mix the burger with the Vishal spice mix. Set aside to rest for 15 minutes.

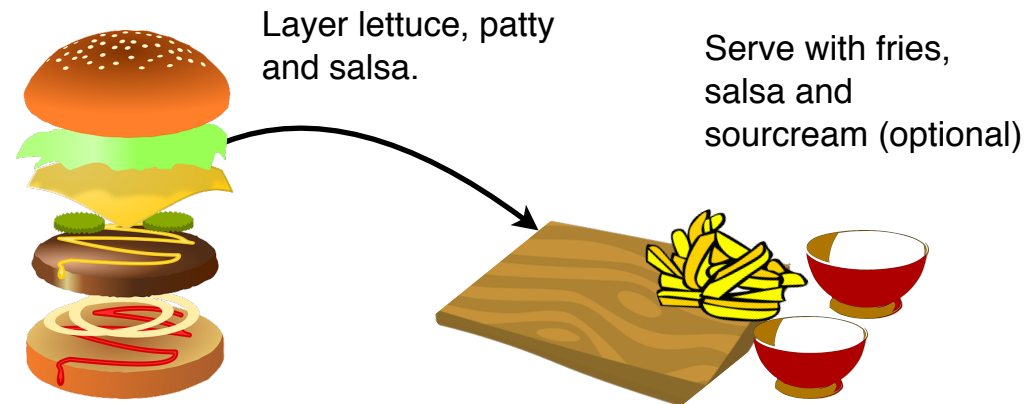


- 3** Shape the burger mix into patties and fry in a grill pan to get that nice grilled look. Place the burgers in a sizzling hot pan, then reduce the temperature to medium. Flip the burgers after half the time has passed. Remember that burger patties contract when fried.

If you haven't done so already, it is time to get your french-fries ready (see "homemade fries" recipe card).



- 2** Dice the tomato, bell pepper and onion. Finely chop the garlic, coriander and chili. Fry the garlic, coriander, chili and onion in olive, canola or mustard oil until soft and aromatic. Add the tomato and bell pepper and allow to soften. Turn down the heat, add the juice of 1 lime and a dash of honey. If you want it extra spicy, add 1-2tsp of cayenne. Put a lid on the pan and simmer for 5 minutes. Then set aside to cool.



- 4** Layer lettuce, patty and salsa on the bread buns. Serve on a board or on plates with a side of fries, salsa and sourcream (optional).