

# Joe's best BRAAI BURGERS

*We make double the quantity and keep the surplus for school lunches. Joe braais the patties on the Weber – they are really delicious and the kids will not eat them any other way. We eat the burgers on big grilled black mushrooms or slices of pan-fried aubergine. The kids love the low carb buns.*

## SERVES 5 WITH LEFTOVERS

10 ml (2 t) psyllium husks  
125g/125ml (½ cup) full cream yoghurt with a dash of full cream milk  
4g/10ml (2 tsp) mustard powder  
8g/10ml (2 tsp) chopped garlic  
zest of 1 lemon  
2kg topside beef mince  
100g feta, crumbled finely  
salt and freshly ground black pepper  
60ml (¼ cup) olive oil

**per 100g:** energy: 187kcal  
protein: 18g • fat: 12g • carbs: 1g  
**allergens:** dairy, egg

1. Prepare medium-hot coals in a Weber or in a normal braai.
2. Add the psyllium husks to the yogurt and milk and set aside until needed. Add the mustard powder, garlic and lemon zest.
3. In a big mixing bowl, combine the mince with the yoghurt mixture. Add the feta cheese, season with salt and pepper and mix through thoroughly with your hands.
4. Shape the mince into rounds the size of tennis balls and press flat with the palm of your hands to shape into patties.
5. Rub each patty all around with olive oil before placing it on the fire. Grill for 8 minutes on one side before carefully turning with a spatula. If they are sticking to the grill, wait a bit longer before turning.
6. Serve the patties as is with salad or on grilled mushrooms or on whole-wheat rolls with sliced fresh tomatoes, red onion, baby spinach leaves and dollops of guacamole (recipe on page 196).