



Light Burger

20'
Hands on

20'
Cook Time

6
Portion(s)

1
Difficulty



Method

For the pickled cucumber

- Peel the cucumber with a potato peeler.
- Continue using the peeler to cut the cucumber into long, thin strips. Do not use the middle part with the seeds. Place cucumber strips into bowl and set aside.
- Remove the seed from the red and yellow peppers. Slice them into thin strips, vertically. Set aside with the cucumber strips.
- Heat the vinegar, sugar and salt in a saucepan over medium heat until mixture comes to a boil.
- Add the vegetables.
- Stir with a spoon to completely coat vegetables in vinegar mixture.
- Transfer to a large bowl. You will notice that the color of the vinegar will change. This happens because it is a very aggressive ingredient that extracts the color from the vegetables.
- Cover bowl with plastic wrap, making sure it touches the vegetables directly in order to keep them submerged in the marinade.

For the pork tenderloin

- Remove the small pieces of meat from around the pork tenderloin. Set aside.
- Use a sharp knife to remove the silverskin on the top side of the tenderloin. It is very important to remove this because it will become very hard when it is cooked.
- Cut the tenderloin into thin, slanted slices, about 5 cm each. Do the same with the smaller pieces you set aside. Giving the meat a slanted cut helps it cook more evenly.
- Transfer meat to a 20x25 cm baking pan.
- Thinly slice the onions. Add to baking pan.
- Remove stems from the herbs and finely chop the leaves. Add to baking pan.
- Combine the olive oil, vinegar, salt, pepper and honey in a bowl. Pour over meat. (Careful how much honey you use because it will make the meat brown a bit too much and it will look burned. You will also notice that the meat may start to turn slightly white due to the vinegar).
- Place a pan over high heat and let it get hot to the point where smoke starts to rise from it.
- Add 2 tablespoons olive oil.
- Add a few slices of meat to the pan at a time. As soon as it turns golden brown on the first side, turn over and cook on the other side. (If you add all of the slices of meat at the same time is the temperature of the pan will fall and the meat will boil instead of brown.)
- While the meat is cooking, prepare the sauce.
- In a small bowl, combine the yogurt, tahini, salt and pepper with a spoon.
- When the meat has cooked on both sides, cover with slices of cheese and allow 1-2 minutes for it to melt. Set aside.
- Drizzle the interior part of the hamburger buns with some olive oil. Rub with some rosemary for flavor.
- Toast buns in a very hot pan, without adding any extra oil to the pan.
- Assemble and serve.

Ingredients

For the pickled cucumber

- 1 cucumber
- 1 red bell pepper
- 1 yellow bell pepper
- 150 g vinegar, from white wine
- 150 g granulated sugar
- 1 pinch salt

For the pork tenderloin

- 650 g tenderloin
- 1 onion, medium
- 3 sprig(s) rosemary
- 3 sprig(s) oregano
- 2 clove(s) of garlic
- 4 tablespoon(s) olive oil
- 5 tablespoon(s) vinegar, of white wine
- salt, coarse
- pepper
- 1 teaspoon(s) honey
- 6 slices cheddar
- 6 slices bread, hamburger

For the yogurt sauce

- 300 g strained yogurt
- 1 tablespoon(s) honey
- 1 tablespoon(s) tahini
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

617 Calories (kcal)	25.0 Total Fat (g)	8.5 Saturated Fat (g)	58.0 Total Carbs (g)
31%	36%	43%	22%
38.0 Sugars (g)	38.0 Protein (g)	2.7 Fibre (g)	1.8 Sodium (g)
42%	76%	11%	30%