

- Easy 'No Sweat' Recipe -

Acadian Jane's Cajun Burgers

This burger is sooo good! One of best burgers you'll ever make. They have a little zip without being overwhelming. If you want a mild Cajun flavour, omit the Sriracha sauce from the Cajun Burger Sauce.

Makes 8-9 burgers

2 lbs (500 g) regular or lean ground beef

1 egg

1 1/2 tbsp **Twisted Snowshoe Cajun Seasoning**

1 clove garlic, peeled

1 large onion, chopped into 8-9 pieces

1 tsp salt

1. Place the ground beef in a medium bowl. Into a blender, add the egg, **Twisted Snowshoe**, garlic, onion and salt. Process until smooth. Add to the ground beef.
2. Using your hands, combine the ingredients well but don't overwork the beef or it will be tough. Form into 8-9 equal sized balls. Form each ball into a patty about 3 1/2 - 4 inches across.
3. Preheat the grill. Brush one side of the patty with the Cajun BBQ sauce (see reverse). Place the patty sauce side down onto the hot grill adjacent to but not over the coals, or over medium-low heat on a gas BBQ. Cook about 4-5 minutes. Brush the patty with Cajun BBQ sauce, turn and grill until about medium-well doneness, about another 3-4 minutes depending on your grill temperature.
4. Serve immediately. Top with desired toppings and the Cajun Burger Sauce (see right).

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Cajun BBQ Sauce

In a small bowl, whisk together 1/3 cup of your favourite BBQ sauce, 1 tsp **Twisted Snowshoe Cajun Seasoning** and 2-3 tbsp water. Mixture should not be thick. Slather on burgers during grilling.

Cajun Burger Sauce

In a small bowl, whisk together 1/3 cup sour cream or yogurt, scant 1/4 cup mayonnaise, 1 tsp Dijon mustard
1 tsp **Twisted Snowshoe Cajun Seasoning** and 1-2 tsp Sriracha Sauce (optional). Refrigerate until ready to serve.