

## Fresh The choice

OLGA DE MOELLER

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## The good, bad and ugly

New boutique burger bars in Perth are offering customers the healthy options many desire

**Hamburgers are a fun, convenient and affordable meal for the family**

Former lawyer Owen Chua made a sea change two-and-a-half years ago with The Burger Bistro in Shafto Lane, which he runs with business partners Chris Rose, a former economist, and his brother, Terry, a former financier who has just joined the team. A second outlet opened in

Leederville in December.

"We use only a single cut of meat — bolar blade — for the beef patties," Mr Chua says. "All that goes into the mince is a pinch of salt and pepper, that's it. All our burgers can be ordered breadless for anyone cutting back on carbs and served with a mixed green-leaf salad, tomato and choice of fetta, emmental or parmesan cheese. They're especially popular in summer when people want something light."

He sees burgers as an evolving product, much like the gourmet pizza, which started with the basic Margherita in Naples and has become more adventurous with new toppings around the world.

"Our Miss Saigon, for example, is based on Vietnamese flavours and ticks all the boxes for a healthy meal because it uses a marinated Mt Barker free-range chicken breast that's trimmed of fat and skin on a mixed-leaf salad with hot sauce."



Fare from The Burger Bistro, Shafto Lane, Perth.

### LAMBURGINI BURGER

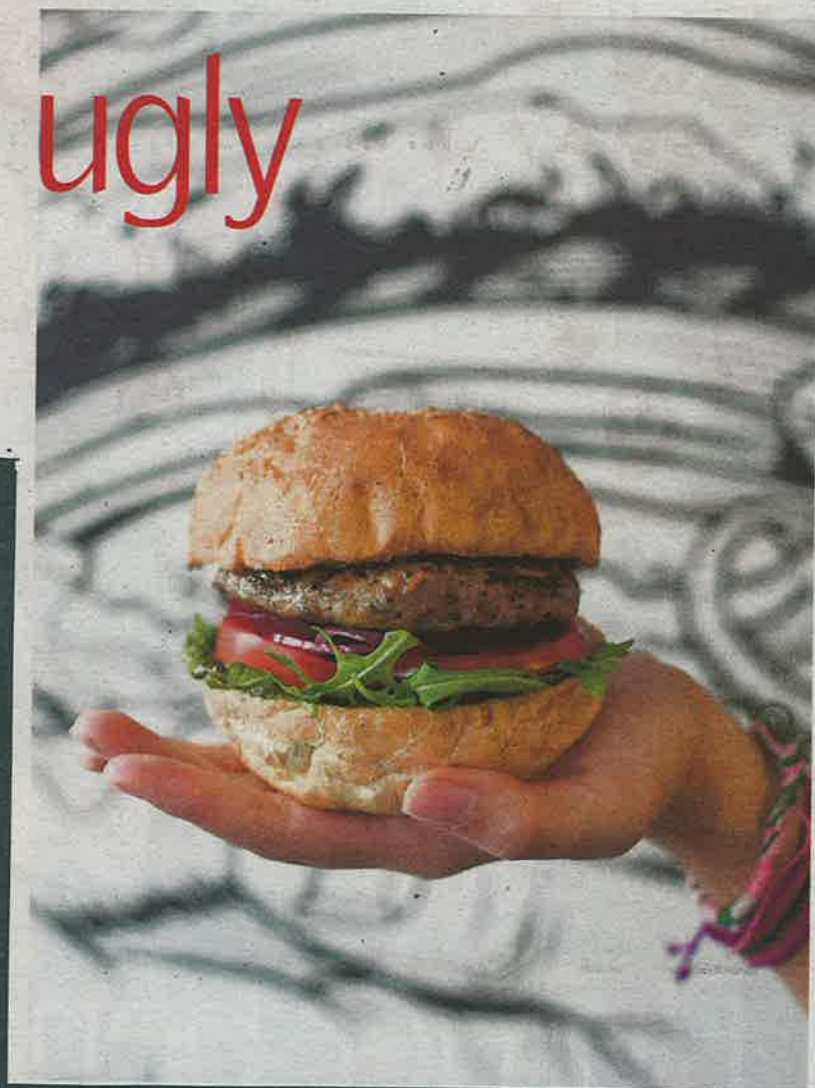
Try this racy number for a taste of modern Australian cuisine in a bun.

Serves 4

- 1 tbsp olive oil
- 1/2 tbsp cumin powder
- Handful fennel seeds
- salt and pepper to taste
- 600g premium lamb leg mince
- 2 beetroots, peeled and sliced into batons
- 375ml 100 per cent orange juice
- 1 slice orange peel
- Greek natural yoghurt
- 1 fresh mint leaf
- 4 burger buns, preferably spelt sourdough
- 1 handful rocket

Heat oil in a pan and toast the cumin powder and fennel seeds along with some salt and pepper until aromatic and allow to cool. Then mix through the mince thoroughly and divide into four round patties by hand. Place the beetroot batons in a pot with orange juice and orange peel (enough to cover), bring to the boil and reduce till batons are soft. Allow to cool. Once cool, drain any excess liquid and roll the beetroot through the natural yoghurt and chopped fresh mint. Cook the patties on a medium to high heat and once cooked through, allow to rest for a short time. Toast the buns and warm them through in the oven, then assemble the burgers with fresh rocket.

OWEN CHUA  
**THE BURGER BISTRO**  
SHAFTO LANE,  
PERTH



### HEALTHY PICK

We asked six burger bars to choose their healthiest burger. Here are their top selections — and they're happy to skip the aioli and mayo.

**Burger Edge, Karawara and Perth:** The Plain Simple (\$9.80) with a butterflied chicken breast fillet with dried herbs, lettuce, tomato, red onion, tomato relish and aioli in a wholemeal or white sourdough bun.

**FAB Burgers, Hillarys and Subiaco:** Country Pumpkin (\$15.50) with a butterflied beef patty, fetta, pumpkin, rocket, sundried tomatoes, red onion, aioli and sweet chilli sauce in a Turkish bun.

**Flipside, North Fremantle:** Chilli-Ander Chicken (\$12) with chargrilled free-range chicken breast, red pepper chilli jam, fresh coriander, rocket and mayo in a ciabatta roll.

**Jus Burgers, Leederville, Subiaco and Northbridge:** Tempeh Burger (\$14) made with organic chickpea and sunflower tempeh, plus choice of salad with green chilli jam in a Turkish roll.

**Missy Moos Burger Bar, South Fremantle:** Peter Peter Pumpkin Eater (\$12.50) with a spicy homemade pumpkin, spinach, couscous and butter bean patty, beetroot, tomato, baby spinach, aioli and chilli jam in a Turkish roll.

**The Burger Bistro, Leederville and Perth:** Miss Saigon (\$15.50) with a butterflied Mt Barker free-range chicken breast marinated in lemongrass, garlic and chilli, served with hot sauce and mixed salad, including pickled carrot, fresh basil and mint, in a New Norcia Bakeries sourdough bun.