

Maria's Minted Lamb Burgers with Tzatziki



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Ingredients:

For the burgers

500 g fresh minced lamb

1 small onion peeled and cut into quarters

1 slice bread (ideally wholemeal) torn into pieces

Small bunch fresh mint

Small bunch fresh parsley

Salt and pepper

For the tzatziki

1/3 cucumber

150 mls / small pot thick

Greek yoghurt

½ teaspoon sugar

1 clove garlic

1 teaspoon readymade mint sauce

To serve

A little oil for frying

Little gem lettuce leaves

Method:

1. Peel the onion and cut into quarters.
2. Place the onion plus the bread (torn into pieces) into a food processor
3. Remove the tough woody stalks from the herbs and add to the processor. 'Blitz' until finely chopped.
4. Add the lamb and seasoning and 'blitz' again until everything is thoroughly blended.
5. Carefully remove the mixture from the food processor and divide into six piles on a red board. Shape into burgers, patting the mixture together firmly. Chill in the fridge briefly.
6. For the tzatziki, cut the cucumber in half and scoop out the seeds. Dry the cucumber thoroughly and cut into small dice.
7. Place the cucumber into a bowl and add the yoghurt, sugar and mint.
8. Peel the garlic and crush into the bowl with the yoghurt and cucumber mixture. Mix well to combine all the tzatziki ingredients.
9. Heat the oil in a frying pan or griddle pan and cook the burgers for 10 – 15 minutes until thoroughly cooked. (You can use a BBQ).
10. Serve the burgers in soft rolls with the tzatziki and lettuce leaves