FRESH & COOL

Lamb Burgers with Feta and Mint

PREP	COOK	SERVES
20 min	12 min	4 burgers

Cumin-spiced lamb patties with salty feta, fresh mint yoghurt and rocket in a soft bun.

Ingredients

For the patties

- 500 g lamb mince
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 garlic clove, crushed
- 1/2 tsp salt
- 100 g feta, crumbled

For the mint yoghurt

- 150 g Greek yoghurt
- 1 tbsp chopped mint
- 1 tsp lemon juice

To build

- 4 burger buns
- 1/2 red onion, thinly sliced
- 1 tomato, sliced
- A handful of rocket

Method

1. Mix the lamb with the cumin, oregano, garlic and salt. Gently work in the feta. Shape into four patties.
2. Stir together the yoghurt, mint and lemon juice.
3. Cook the patties in a hot pan for 5 to 6 minutes per side, until cooked through.
4. Toast the buns. Spread with mint yoghurt and build with onion, tomato, rocket and the patty.

Cook's tip

Do not press the patties while they cook. The feta melts inside and keeps them juicy.