



## Minted Lamb Burgers

### Ingredients

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#### Lamb Burgers

2 lb ground lamb  
1 small red onion, grated  
2 garlic cloves, minced  
1 small bunch chopped fresh parsley  
10 mint leaves, chopped  
2 ½ tsp dry oregano  
2 tsp ground cumin  
½ tsp paprika  
½ tsp cayenne pepper, optional  
salt and black pepper  
Extra virgin olive oil

#### Method

Heat an outdoor gas grill.

Meanwhile, prepare the meat mixture.

Add the ground lamb to a mixing bowl. Add grated onions, garlic, fresh herbs, oregano, cumin, paprika and cayenne. Season with salt and pepper. Add a generous drizzle of extra virgin olive oil, and mix until everything is well combined.

Divide the meat mixture into 8 equal balls. Using both hands, work meat into smooth spheres, then lightly press to form into patties. Arrange the patties on a large tray or dish, and with the tip of your thumb, press lightly to form a shallow, somewhat wide, depression into the centre of each patty. Cover and refrigerate until grill is ready.

Lightly oil grill grates and arrange the burger patties on top. Grill over medium heat, covered, for 4 to 5 minutes on each side, turning once midway through cooking (internal temperature for a medium burger should register 75 degrees c (Adjust cooking time according to your desired doneness.)

Allow the lamb burgers to rest for 5 to 10 minutes before serving. Serve in pita (or buns), with tzatziki sauce, tomatoes, cucumbers, peppers, onions.