



MIDDLE EASTERN LAMB BURGERS

MAKES: 12 SMALL BURGERS.
SEASON: ALL.

Serve these flavoursome burger patties in pita pockets with reduced-fat natural yoghurt and some fresh salad leaves.

INGREDIENTS

- ☐ 1 tbsp ground coriander
- ☐ 1 tbsp ground cumin
- ☐ 500g minced lamb
- ☐ 1 onion, finely chopped
- ☐ juice and zest of 1 lemon
- ☐ 1 handful of parsley, finely chopped
- ☐ 3 sprigs of thyme, leaves picked, finely chopped
- ☐ 1 tbsp extra virgin olive oil, to cook

EQUIPMENT

- | | |
|---|--|
| ☐ measuring spoons | ☐ baking tray |
| ☐ chopping board | ☐ fork |
| ☐ cook's knife | ☐ pastry brush |
| ☐ grater | ☐ tongs |
| ☐ juicer | ☐ frying pan |
| ☐ 1 large bowl | ☐ kitchen paper |
| ☐ wooden spoon | |

WHAT TO DO

1. Put the spices, lamb, onion, lemon zest and juice and herbs into a large bowl. Mix everything together very well with your clean hands.
2. Divide up the mixture and roll it into 12 equal balls. Push down on each ball with the back of a fork. Place them on a cold baking tray. Brush the lamb burgers with oil using the pastry brush.
3. Heat the frying pan over a medium-to-high heat.
4. Place the burgers in the frying pan, using tongs. Leave them to cook on one side without moving them. After 8–10 minutes, turn them and cook the other side (2–3 minutes).
5. Drain the burgers on kitchen paper to remove excess oil before serving with a fresh salad, pita bread and dollop of reduced-fat natural yoghurt.
6. Season to taste (optional).