

Minty Feta Lamb Burgers with Tzatziki

Serves 4:

Ingredients

1 1/2 pounds ground lamb
2 crushed garlic cloves
1/2 onion, grated
1 tablespoon chopped mint leaves
1 teaspoon paprika
1/2 teaspoon cumin
kosher salt and freshly ground black pepper
4 ounces of feta cheese, preferably Valbresso

4 kaiser rolls
lettuce leaves
beefsteak tomato, sliced

Tzatziki:

6 ounces Greek yogurt 0%
2 garlic cloves, pressed
Juice of one lemon
1/2 seedless cucumber, grated
2 tablespoons mint leaves, julienned
kosher salt and freshly ground cracked pepper
drizzle of good extra virgin olive oil

Preparation

To make burgers, gently mix garlic, grated onion, chopped mint, paprika, and cumin into the meat. Season with kosher salt and freshly ground black pepper. Crumble feta cheese and gently fold into lamb mixture. Form 4 round burgers; do not to overwork the meat mixture or it will be tough.

Prepare a grill or grill pan, making sure it is well-oiled, and heat over a medium flame. Place burgers in the pan, turn heat down to medium low and cook for 8 to 10 minutes on one side. Flip burgers and cook for an additional 5 to 8 minutes until they reached desired doneness.

Make tzatziki: combine all ingredients and adjust seasoning to taste; refrigerate until ready to serve. Serve burgers on kaiser rolls with crispy lettuce, slices of salted beefsteak tomato, and the tzatziki.