

Lamb burgers with tzatziki



Preparation and cooking time Prep:15 mins Cook:25 mins Easy Serves 4

Homemade burgers are always a winner - try this low-calorie, Greek spin with cucumber and mint yogurt and spicy patties

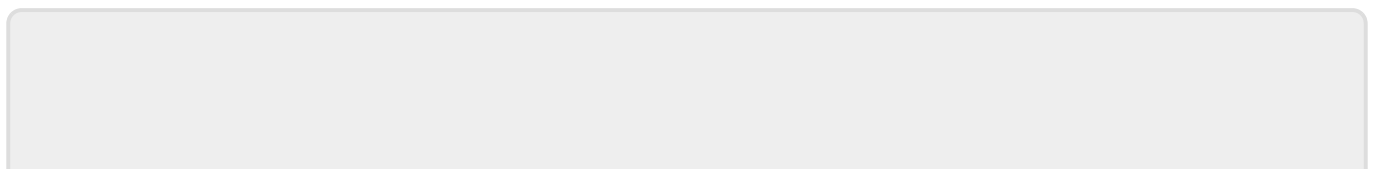
Ingredients 25g bulghar wheat 500g extra-lean lamb mince 1 tsp ground cumin 1 tsp ground coriander 1 tsp smoked paprika 1 garlic clove , very finely crushed (optional) oil , for brushing large burger buns , sliced tomato and red onion, to serve

For the tzatziki 5cm piece cucumber , deseeded and coarsely grated 200g pot thick Greek yogurt 2 tbs chopped mint , plus a handful of leaves to serve

Method STEP 1 Tip the bulghar into a pan, cover with water and boil for 10 mins. Drain really well in a sieve, pressing out any excess water.

STEP 2 To make the tzatziki, squeeze and discard the juice from the cucumber, then mix into the yogurt with the chopped mint and a little salt.

STEP 3 Work the bulghar into the lamb with the spices, garlic (if using) and seasoning, then shape into 4 burgers. Brush with a little oil and fry or barbecue for about 5 mins each side until cooked all the way through. Serve in the buns (toasted if you like) with the tzatziki, tomatoes, onion and a few mint leaves.



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