



# Minted lamb burgers



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Lamb and mint are a match made in heaven and these burgers are perfect for summer BBQs.

## Ingredients:

500g minced lamb

1 onion very finely chopped

1 or 2 cloves of garlic crushed

Good handful chopped fresh mint

Seasoning to taste

## Mint yogurt ingredients:

Unflavoured yogurt of choice (we recommend fat free Greek yogurt)

Juice of half lemon

Generous handful fresh, chopped mint

Seasoning to taste

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## Method:

Place all ingredients into a large bowl and mix thoroughly.

Divide mixture into 4 and shape into balls.

Flatten with a rolling pin or your hand.

Rest until required.

BBQ until cooked through.

*Top tip: The fat content may cause flames to rise up, so keep a spray bottle of water handy to dampen down the flames.*

Serve in your bun of choice with lettuce and minted yogurt.

The minted yogurt can be made by simply combining the ingredients and serving with your dish of choice.