



Greek Lamb Burgers with Tzatziki Sauce

Recipe By DEBORAH ADAMS

SERVES: 2

INGREDIENTS:

- ☐ 1 lb. ground lamb
- ☐ 1 tbsp Greek seasoning of your choice
- ☐ 1 egg, whisked
- ☐ 1 tbsp canola oil
- ☐ 1 tomato, sliced
- ☐ 2 lettuce leaves
- ☐ ½ red onion, sliced
- ☐ ¼ cup goat cheese, crumbled
- ☐ 1 cup Tzatziki sauce, ready-made
- ☐ 2 brioche buns or pita bread
- ☐ salt and pepper, to taste if your Greek seasoning doesn't include them

DIRECTIONS:

- ☐ 1. Add ground lamb to a large bowl along with a whisked egg and Greek seasoning. Gently mix together, trying not to over-mix or compact the burger.
- ☐ 2. Divide the lamb mixture in half and form into two patties; let them rest at room temperature for 5 minutes.
- ☐ 3. Preheat skillet on medium high. When the skillet is hot, add some oil to cover the bottom.
- ☐ 4. Add burgers. If they don't sizzle, wait and continue to heat skillet, then add burgers.
- ☐ 5. When you see the patty turning colors halfway up the sides (about 5 minutes), flip.
- ☐ 6. Cook on the other side for about 5 minutes. (Cooking time varies according to how well done you prefer). The internal temperature should be 145°F for medium rare and 160°F for well done. (It is recommended that ground meats are well done).
- ☐ 7. When done let the burgers rest in skillet about 5 minutes while you warm the buns.
- ☐ 8. Place the lettuce, tomato slice, onion slice, and the burger on the bottom bun. Top the burger with Tzatziki sauce and goat cheese.

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