



## LAMB AND FETA BURGERS

### INGREDIENTS

1 kg lamb mince, at room temperature

2 Tbsp olive oil

1 large egg

1 large red onion, finely chopped

1 disk (± 80 g) feta, crumbled

¼ cup breadcrumbs

3–4 fresh mint leaves,  
finely chopped

1 tsp dried oregano

Sea salt and black pepper to taste

Makes 4 burger patties

### METHOD

1. Place all the ingredients in a bowl and mix by hand until well incorporated.

2. Divide the mixture into four and use your hands to roughly form equal-sized balls. Place the balls on a baking sheet and gently flatten into patties. Place in the fridge for 30 minutes, to firm up.

3. Cook the patties in a preheated oven at 200°C for 10 minutes on each side for medium rare, then turn on the grill and cook for 1–2 minutes, turning halfway, until browned on each side.

4. Serve on a bed of lettuce with sliced avo and tomato and garnish with pickled red onions (see page 91) and/or microherbs.