



MINTED LAMB AND FETA BURGER

with Greek Salad

FAMILY



HELLO

LAMB BURGER

We've taken ground lamb and thrown in a Greek twist with a minty fresh kick!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 848



Ground Lamb



Burger Bun



Red Onion, sliced



Garlic



Green Onions



Mint



Balsamic Vinegar



Mayonnaise



Feta Cheese, crumbled



Lemon



Romaine Lettuce, chopped

BUST OUT

- Baking Sheet
- Small Bowl
- Garlic Press
- Zester
- Paper Towel
- Sugar (2 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- 2 Medium Bowls

INGREDIENTS

4-person

- Ground Lamb 500 g
- Burger Bun 1,2,3 4
- Red Onion, sliced 113 g
- Garlic 20 g
- Green Onions 2
- Mint 10 g
- Balsamic Vinegar 9 2 tbsp
- Mayonnaise 3,9 4 tbsp
- Feta Cheese, crumbled 2 ½ cup
- Lemon 1
- Romaine Lettuce, chopped 170 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your broiler to **low** (to toast the buns). The thumbprint technique in Step 2, helps the patties keep their shape when cooking! Not sure what to do with the leftover lemon? Use it to freshen up a glass of water!



1 COOK ONIONS

Wash and dry all produce.* Heat a large non-stick pan over medium heat. When the pan is hot, add **2 tbsp oil**, then the **red onions**. Cook until slightly softened, 3-4 min. Add **2 tsp sugar** and season with **salt**. Cook, stirring occasionally, until dark golden-brown, 9-10 min.



4 COOK BURGERS

Heat the same pan over medium heat. When the pan is hot, add the **burgers** to the dry pan. Pan-fry until the **burgers** are golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Meanwhile, cut the **buns** in half, then arrange them cut-side up on a baking sheet.



2 PREP

Meanwhile, mince or grate **garlic**. Thinly slice **green onions**. Roughly chop **mint leaves**. In a medium bowl, combine **lamb, garlic, half the feta, half the mint** and **half the green onions**. Season with **pepper** and **½ tsp salt**. Form **mixture** into **four** 4-inch wide **burger patties**. Lightly make a thumb print into each **burger**. (**NOTE:** Don't push all the way through!)



5 MAKE SALAD

Toast **buns** in the middle of the oven until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Meanwhile, zest and juice the **lemon**. In another medium bowl, stir together **lemon zest, remaining mint, remaining feta, remaining green onion, 2 tbsp lemon juice** and **3 tbsp oil**. Add **lettuce** and toss to coat.



3 FINISH ONIONS

When the **onions** are dark golden-brown, remove the pan from the heat and add the **vinegar**. Stir together, until the **vinegar** is absorbed, 1 min. Transfer the **onions** to a small bowl and set aside. Wipe the pan clean.



6 FINISH AND SERVE

Spread each **bun** with **mayo**, then top with the **burger, caramelized onions** and some **salad**. Serve any **remaining salad** to the side.

OPA!

This Greek-inspired burger will have you dreaming of sailing on the Aegean Sea.