

Lamb & Cumin Burgers

PREP: 15 MINS + COOKING & RESTING | SERVES: 4 | SKILL LEVEL: EASY

If you are planning a BBQ and tasty burgers are on your list and you want a burger that stays juicy over the hot coals, and has a rich meaty flavour then these lamb burgers do exactly that.

Serve with my [Tzatziki recipe](#).

Ingredients (tsp = teaspoons, tbsp = tablespoons)

- 500g minced lamb
- 1 red onion, finely diced or grated
- 2 cloves of garlic crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp cumin seeds
- 1 egg beaten
- 2 tbsp fresh chopped mint
- Olive oil to cook

Method

1. Place all the above ingredients in a bowl and mix well together.
2. Divided mixture into 4 and shape into burgers. Chill for at least 1 hour. They can also be frozen at this point.
3. While they are resting make the Tzatziki
4. If you are cooking the burgers on a BBQ then lightly brush each side with Olive Oil. If you are cooking in a pan then heat a little Olive Oil in the pan.
5. Cook for 5 to 6 minutes on each side, or until nicely browned and cooked through

Auds Tip ...

However you cook the burgers they are nice served in a brioche bun with the Tzatziki and a couple of leaves of crispy little gem lettuce.

