

Lamb Feta Pita Burger With A Greek Yoghurt Sauce

Chicken burger, turkey burger, veggie burger, the options and combinations are endless but have you ever had a lamb burger?

I've given this one a little Greek/Cypriot vibe by mixing the minced lamb with feta, fresh herbs and pine nuts. Then instead of a burger bun, I use a pita, stuffed and smothered in a Greek yoghurt sauce and a few other goodies.



Makes: 5

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 30 minutes

Burger Ingredients

- 500 g of minced lamb.
- 1 tbsp of dried oregano.
- 1 tbsp of cumin.
- 1 small handful of fresh parsley, roughly chopped.
- 1 small handful of fresh mint, roughly chopped.
- 50 g of pine nuts.
- 50 g of feta, crumbled.
- 5 pitas or flatbreads.

Yoghurt Sauce Ingredients

- 3 tbsps of natural Greek yoghurt.
- ¼ of a cucumber, cut in half, remove the seeds and dice.
- 1 small handful of fresh mint, roughly chopped.
- 1 lemon, juice only.

Method

- Place all the burger ingredients into a bowl (obviously not the pitas) season with salt and pepper and mix well. Divide the mixture into 5 equal size balls and form into burger patties. You can do this step in advance, just cover with clingfilm and pop into the fridge till you are ready to use them.
- For the yoghurt sauce, simply add all the ingredients into a bowl and season with salt and pepper then mix all together, cover and chill.
- When you are ready to get cooking, get a frying pan over a high to medium heat, rub the burgers with oil, season with salt and into the pan. You want to get a good bit of colour on the burger before flipping over. They are only going to take around 3 minutes on each side. But depending on how thick you've made them they may take a little longer so just make sure they are cooked through. Then allow to rest for a minute or so.
- Warm up the pitas then I like to build my burgers like so... a generous spread of the yoghurt sauce, some green stuff, shredded red cabbage, halloumi then top off with some more feta.