

Mini Lamb Burgers



Ingredients:

1 1/2 lb. ground lamb (675 g)
1 tsp cayenne pepper (5 ml)
1 tsp ground cumin (5 ml)
1 x small white onion grated
3 tbsp chopped fresh parsley (45 ml)
1 x egg lightly beaten
1 tsp celery salt (5 ml)
1 tsp lemon pepper (5 ml)
4 x pita breads or Mini Hamburger buns
1 cup baby spinach greens (250 ml)
1 container Cherrie tomatoes
1/2 cup sliced red onion (125 ml)
Mint Tzatziki sauce (recipe follows)
Vegetable oil for grill

Method:

Preheat BBQ to 400° Fahrenheit (185° Celsius). In a medium mixing bowl mix all ingredients and combine thoroughly. Form into 4 patties, the patties should be 5cm thick (2 inches). Oil grill and place patties over flame. Cook burgers 5 minutes per side keeping the lid closed so heat will not escape. Warm pita bread on grill for 1 minute. Place lamb burger in pita pocket with spinach, tomato, red onion and drizzle generously with Tzatziki sauce.

For Mint Tzatziki Sauce blend yoghurt in a bowl with olive oil and lemon juice. Add cucumber, onions, garlic, mint, salt and pepper. Cover and refrigerate for no more than one hour. Serve with lamb burgers or grilled meats.

For Quinoa Salad bring quinoa and water to a boil in a medium sauce pan over medium heat. Reduce heat and boil gently for 10-15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork. In a large bowl, combine onions, tomatoes, cucumbers, and bell peppers. Stir in cooled Quinoa. Prepare the vinaigrette: in a small bowl, whisk together olive oil, lemon juice, dried mustard, and the balsamic vinegar. Add salt and pepper to taste. Pour over salad and toss to coat. Sprinkle with Sheep feta and garnish with chopped basil.

Mint Tzatziki Sauce:

2 cups plain whole yoghurt (500 ml)
2 tbsp olive oil (30 ml)
Juice of one lemon
Half an English seedless cucumber,
peeled grated and squeezed dry
1/4 cup chopped white onion (60 ml)
1 tbsp chopped garlic (15 ml)
1/2 cup chopped fresh mint (125 ml)
Salt and Pepper to taste

Quinoa Salad:

1 cup of Quinoa well rinsed
and drained
1 1/4 c of water
1 red onion, diced
2 peppers (mixed colors),
chopped
1 English cucumber,
chopped
2 Roma Tomatoes, seeded
and chopped
1/2 c crumbled sheep feta
3 tbsp Extra –Virgin Olive Oil
2 tbsp Lemon juice
1 tsp dry mustard
2 tbsp balsamic vinegar
2 tbsp basil, chopped
Salt and Pepper to taste



You've got **GREAT** taste!

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