



Lamb Burger

Ingredients:

16 slices Bürgen® Grains with Barley Bread
 250g tzatziki dip
 500g lamb mince
 1 cup breadcrumbs
 1 onion, finely diced
 1 egg, lightly whisked
 1 tbsp lemon rind
 1 tbsp dried oregano leaves
 Salt and pepper to taste
 2 tsp olive oil
 Beetroot slices
 Tomato slices
 Cos lettuce

Preparation:

Preparation time: 1 hour (includes 30 minutes refrigeration); Serves: 4

1. To make rissoles place mince, breadcrumbs, egg, onion, lemon rind and oregano in a medium sized bowl and season with salt and pepper to taste. Using damp hands mix all ingredients together to combine. Roll mixture into 8 medium sized or 4 large sized burger patties, flattening slightly. Place patties onto a plate, cover with cling wrap and refrigerate for 30 minutes.
2. Lightly grease a frypan or BBQ plate with 2 tsp oil, place patties in frypan or onto BBQ plate and cook for 10 minutes, or until cooked through.
3. Toast bread until golden brown in the toaster or under the grill. Top one slice of bread with 1 pattie, 1 ½ tbsp tzatziki, beetroot and tomato slices and lettuce cover with remaining slice. Serve immediately.

Hints & Tips:

Try using Bürgen® Grains with Barley bread for your breadcrumbs for a crunchy texture. Place bread slices into a food processor to create fine breadcrumbs.

Average Nutritional Information per serve	
Energy	2150 kJ
Protein	34.8 g
Fat	21.8 g
- Saturated	4.7 g
CHO	40.7 g
Sugars	4.7 g
Dietary Fibre	6.9 g
Sodium	540 mg