



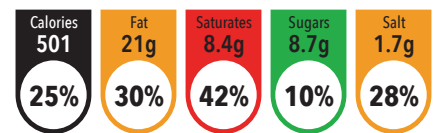
LOADED GREEK STYLE LAMB BURGERS

 **Prep: 15 minutes**

 **Cook: 10 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

- 500g minced lamb
- ½ tsp **LoSalt**
- 3 sprigs fresh oregano, leaves chopped
- 2 sprigs fresh mint, leaves chopped
- 50g feta, crumbled
- ½ tbsp oil
- 4 brioche burger buns, halved and toasted
- 4 tbsp fat free Greek yogurt
- 1 beef tomato, sliced into 4
- ¼ cucumber, sliced

COOKS TIP:

Make a double batch, cook and freeze ahead. Great on BBQs served with a leaf salad.

Method:

1. Mix together the lamb, **LoSalt**, herbs and feta in a large bowl. Divide into 4 and mould into burger shapes.
2. Heat the oil in a large frying pan and fry for 5 minutes on each side until golden and cooked through, drain on kitchen paper.
3. Spread the Greek yogurt on the base of the rolls, top with the burgers then tomatoes and cucumber finally the roll lids.