

Minted Lamb Burger



Ingredients

Burger Mix:
500g (10% fat) Lamb Mince
2 tbsp. Fresh Chopped Parsley
1 tbsp. Dijon Mustard
2 tbsp. Mint Sauce (jar)
Pinch Chilli Flakes
salt & pepper

Serve with:
Wholemeal Rolls
Spinach Leaves
Tomato Slices
Red Onion Slices
Mayo

Method

Add to a big bowl and mix all together with your hands

Split the mix into 4 - roll each bit into balls and then flatten into burger shapes to match your wholemeal rolls.

Heat a frying pan on high heat and then add a little bit of olive oil

Cook for around 4-5 minutes each side (or to your liking)

Toast the wholemeal bun in the oven for 2 minutes.

Serve the burger layered onto the bun with the spinach, tomato, onion and mayo.