

Lamb Mint Burgers

Lamb mint burgers are my new favourite recipe. Once you try these, you will be making them for all your guests and at every BBQ!

Ingredients:

- 500g lamb mince
- Half an onion
- 1 garlic clove
- 2 tbsp mint sauce
- 1 egg
- 1 slice of bread, cut into small chunks
- Salt and pepper

Instructions:

1. Chop up the onion and garlic clove and cook in a frying pan, with a tbsp of olive oil, until slightly golden brown. Tip into a large bowl, with the lamb mince.
2. Add the egg, mint sauce and bread to the bowl.
3. Mix the ingredients together with your hands and shape into burgers.
 - a. The size of your burgers is entirely up to you. Keep in mind, the deeper the burger, the longer it will take to cook.
4. Cook the burgers on a medium heat, in a frying pan with a small amount of oil.
 - a. I cook my burgers for about 5 minutes each side (flipping halfway) because I like them to be well done. The length of time is dependent on personal preference.
5. Place in your bun with any filler of choice.
 - a. I like to add a small amount of tzatziki to mine with some salad.
6. Enjoy!

Notes:

- This recipe can also be gluten free. All you need to do is swap the bread with gluten free bread and it works the same way.
- The lamb mince can release a bit of fat so if you find it's too much to cook with then I empty it out of the pan.