

# Main Course

## Lamb Burgers

*\*Gluten-Free*

This is a version of a common way ground lamb is prepared in the Mediterranean region. Everyone claims to have their secret way they prepare it with their own ratios and spices. We hope you enjoy this version but experiment with the spices to create your own secret recipe.

### You'll Need

- 1 pound ground lamb
- 1/4 cup minced white onion
- 2 garlic cloves, minced
- 2 Tablespoons finely chopped fresh parsley
- 2 teaspoons finely chopped fresh mint
- 1 teaspoon cumin
- ¼ teaspoon cinnamon
- 1 teaspoon kosher salt
- 1/2 teaspoon cayenne pepper (or a little less)
- 1/2 teaspoon freshly ground black pepper
- Fresh lemon wedges
- Chopped tomato



### Directions

- Combine all ingredients—except chopped tomato and lemon wedges—place in fridge at least for an hour, but you can leave overnight. Prior to cooking lamb, form into small oval shape patties.
- Heat the grill or a pan on stove top. Once grill or skillet is hot, cook the patties until juices run clear and it's firm to touch but not overcooked.
- Place the lamb patties in pita and add chopped tomato and lemon juice.

### Play with Your Food

- Try with ground beef or a mixture of beef and lamb.
- Try a red onion instead or Add grilled onions to sandwich.
- Top burger with Tzatziki sauce (see recipe in online cookbook).
- Instead of serving on pita serve on ciabatta bun or bread.