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WK42
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Minted Lamb & Fetta Burger with Crunchy Salad

A thing of such delicious, dribble-down-your-chin simplicity, the noble burger can be re-invented time and time again to create the most divine dinnertime results. For this little incarnation, we've taken lamb mince and thrown in a Greek twist with a kick of minty freshness.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1

Pantry Items



Olive Oil



Brown Sugar



Balsamic Vinegar



Brown Onion



Lamb Mince



Fetta Cheese



Mint



Spring Onions



Wholemeal Burger Bun



Aioli



Gem Lettuce






Radish

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely sliced  
1 tsp	2 tsp	brown sugar *
1 packet	2 packets	lamb mince
1 block	2 blocks	fetta cheese, crumbled
1 bunch	2 bunches	mint, finely chopped
1 bunch	2 bunches	spring onions, finely sliced
2	4	bake-at-home wholemeal burger buns
2 tbs	4 tbs	aioli
1 head	2 heads	gem lettuce, leaves separated
2	4	radishes, finely sliced
2 tsp	1 tbs	balsamic vinegar *

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

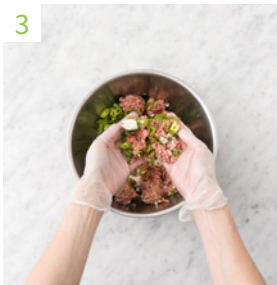
Energy	3000	Kj
Protein	45.0	g
Fat, total	36.8	g
-saturated	10.3	g
Carbohydrate	44.3	g
-sugars	11.1	g
Sodium	843	mg



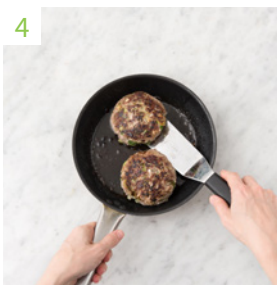
You will need: *chef's knife, chopping board, medium frying pan, wooden spoon, small bowl, aluminium foil, two medium bowls, rubber gloves and spatula or fish flip*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Heat half of the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **4 minutes**, or until soft. Add the **brown sugar** and cook for a further **4 minutes**, or until caramelised. Set aside in a small bowl and cover with aluminium foil to keep warm.



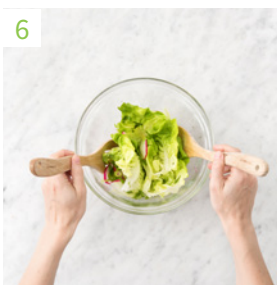
3 In a medium bowl combine the **lamb mince**, **fetta cheese**, half the **mint** and half the **spring onion**. Season with **salt** and **pepper**. Using gloved hands shape the mixture into patties (one per person).



4 Place the same frying pan back over a medium-high heat. The pan should still have some oil, but if not add a dash more. Add the lamb patties and cook for **4 minutes** on each side, or until cooked through.

5 Meanwhile place the **bake-at-home wholemeal burger buns** in the oven for **5 minutes** to finish baking. Halve and spread with the **aioli**.

6 In the second medium bowl, combine the **gem lettuce**, **radish**, remaining spring onion and remaining mint. Drizzle with the remaining olive oil and **balsamic vinegar**, and season with salt and pepper.



7 To serve, assemble the burgers. Place the caramelised onion in each roll and top with a lamb and fetta patty and a little of the crunchy salad. Serve with the remaining crunchy salad on the side.