



MINTED LAMB AND FETA BURGER

with Crunchy Spring Salad

PRONTO



HELLO

CARAMELIZED ONIONS

You'll love our quick method to making this sweet onion condiment

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 848



Ground Lamb



Burger Bun



Baby Gem Lettuce



Red Onion, sliced



Garlic



Green Onions



Mint



Lemon



Balsamic Vinegar



Mayonnaise



Feta Cheese, crumbled

BUST OUT

- Baking Sheet
- Paper Towel
- Garlic Press
- Zester
- 2 Medium Bowls
- Sugar (1 tsp | 2 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Small Bowl

INGREDIENTS

2-person | 4-person

- Ground Lamb 250 g | 500 g
- Burger Bun 1,2,3 2 | 4
- Baby Gem Lettuce 200 g | 400 g
- Red Onion, sliced 56 g | 113 g
- Garlic 10 g | 20 g
- Green Onions 2 | 4
- Mint 10 g | 20 g
- Lemon 1 | 1
- Balsamic Vinegar 9 1 tbsp | 2 tbsp
- Mayonnaise 3,4 2 tbsp | 4 tbsp
- Feta Cheese, crumbled 2 ½ cup | 1 cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your broiler to **high** (to toast the buns). The thumbprint technique in Step 2, helps the patties keep their shape when cooking! Also, use any remaining lemon to freshen up a glass of water!



1 COOK ONIONS

Wash and dry all produce.* Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **red onions**. Cook until slightly softened, 3-4 min. Add **1 tsp sugar** (double for 4 ppl) and season with **salt**. Cook, stirring occasionally, until the onion is dark golden-brown, 9-10 min.



4 COOK BURGERS

Heat the same pan over medium heat. Add a drizzle of **oil**, then the **burgers**. Pan-fry until the burgers are golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Meanwhile, cut the **buns** in half, then arrange them cut-side up on a baking sheet.



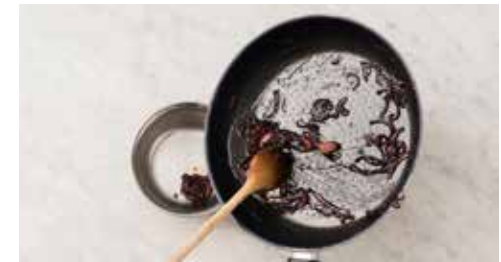
2 PREP

Meanwhile, mince or grate **garlic**. Thinly slice **green onions**. Roughly chop **mint leaves**. In a medium bowl, combine **lamb**, garlic, **half the feta**, **half the mint** and **half the green onions**. Season with **pepper** and **¼ tsp salt** (double for 4 ppl). Form mixture into **two** 4-inch wide burger patties (4 patties for 4 ppl). Lightly make a thumb print into each patty. (**NOTE:** Don't push all the way through!)



5 MAKE SALAD

Toast buns in the centre of the oven until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Meanwhile, thinly slice **lettuce**. Zest and juice **half the lemon** (1 lemon for 4 ppl). In another medium bowl, stir together lemon zest, **remaining mint**, **remaining feta**, **remaining green onion**, **1 tbsp lemon juice** (double for 4 ppl) and **2 tbsp oil** (double for 4 ppl).



3 FINISH ONIONS

When the **onions** are dark golden-brown, remove the pan from the heat and add **1 tbsp vinegar** (double for 4 ppl). Stir together, until the vinegar is absorbed, 1-2 min. Transfer the onions to a small bowl and set aside. Wipe the pan clean.



6 FINISH AND SERVE

Toss the **lettuce** into the medium bowl with the **dressing**. Spread each **bun** with **mayo**, then top with the **burger**, **caramelized onions** and some **salad**. Serve any **remaining** salad to the side.

OPA!

This Greek-inspired burger will have you dreaming of sailing on the Aegean Sea.