

Mini Greek Lamb Burgers

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Ingredients

Tzatziki

$\frac{1}{2}$ English cucumber, peeled, seeded and grated ($\frac{3}{4}$ cup [180 ml])

$\frac{1}{2}$ cup plain Greek-style yogurt

2 tsp fresh lemon juice

2 tsp chopped fresh mint

1 small garlic clove, minced

Sea salt and pepper

Lamb Burgers

$1\frac{1}{2}$ lb ground lamb

$\frac{1}{2}$ small red onion, minced ($\frac{1}{4}$ cup [60 ml])

$\frac{1}{4}$ cup chopped fresh flat-leaf parsley

2 tsp chopped fresh oregano (or 1tsp [5 ml] dried)

Salt and pepper

4 pita breads (6-inch)

2 medium beefsteak tomatoes (or other plum and ripe variety), sliced, for serving

Directions

Make tzatziki: in a colander set over a larger bowl, put the grated cucumber and sprinkle with 1 tsp [5 ml] sea salt. Let rest for 10 minutes. Rinse and dry very thoroughly. in a medium bowl, combine cucumber, yogurt, lemon juice, mint and garlic; season with salt and pepper. Cover and refrigerate until ready to use.

Make burgers: In a medium bowl, use a fork to gently combine lamb, onion, parsley, and oregano; season with salt and pepper. Gently form mixture into 16 small patties, about $\frac{3}{4}$ -inch [2-cm] thick. Grill patties on a grill pan or on the BBQ over high heat until medium-rare, 2 to 3 minutes per side.

To serve, warm pitas in the oven or on the grill; halve, and fill with burgers, tzatziki, and tomato.