





FETA-STUFFED OVEN-BAKED LAMB BURGERS

Makes: 4 burgers, plus extra guacamole for serving

INGREDIENTS

Lamb Burgers:

- 500 g lamb mince
- 1 small onion, finely diced
- 20 g panko breadcrumbs
- 1 small egg
- ½ tbsp Worcestershire sauce
- ¼ tsp salt
- ¼ tsp black pepper
- 100 g feta cheese, crumbled
- 2 tbsp finely chopped fresh parsley
- 2 tbsp olive oil
- Minted Pea Guacamole:
- 300 g fresh petit pois peas, cooked and cooled (300g defrosted petit pois peas)
- ½ small red onion, finely diced
- Small bunch coriander, finely chopped
- 1 tbsp finely chopped fresh mint leaves
- 1 jalapeno, finely chopped
- 1 clove garlic, peeled and minced
- Juice of half a lime
- 4 tbsp crème fraiche
- ¼ tsp salt
- ¼ tsp black pepper

Also:

- 4 brioche buns, sliced in half and lightly toasted
- 1 baby gem lettuce, leaves separated and washed
- ½ small red onion, peeled and sliced
- 4 cherry tomatoes, finely chopped

INSTRUCTIONS

- Preheat the oven to CircoTherm[®] 200°C. Line a baking tray with baking parchment.
- Start by making the burgers. Place the mince, onion, panko, egg, Worcestershire sauce, salt and pepper in a bowl and mix together with your hands.
- **3.** Divide into four portions. Roll each portion into a ball and make a hole in each ball using your thumb.
- 4. Mix together the crumbled feta and parsley and spoon into the holes you just made. Seal the holes and gently pat meat until you have burger-shaped patties. Place on the prepared baking tray.
- Drizzle the burgers with the oil and place into the oven to cook for 15-20 minutes, until browned and cooked throughout.

- Meanwhile, make the minted pea guacamole. Place the peas in a bowl and mash with a fork or pulse lightly in a food processer. Add the remaining guacamole ingredients to the bowl and mix together until combined.
- 7. Take the bases of the brioche buns and place on a serving place. Top with lettuce leaves, then place a burger on top of each one.
- 8. Spoon on the minted pea guacamole, then add red onion slices and chopped tomato. Serve immediately with extra minted pea guacamole.