

**Lamb & Beef Koubideh**

**Ingredients:**

* 1 lb ground beef (80/20)
* 1 lb ground lamb
* 1 red onion, finely chopped
* 2 teaspoons ground cumin
* 1/2 tablespoon sea salt
* 1/4 cup fresh parsley, finely chopped

Combine the ground beef, ground lamb, onion, cumin, sea salt and parsley in a large bowl. Mix with your hands to combine, but don’t over mix or over handle to prevent the meat from getting tough.

Form into oblong patties (say 1×4) that are fairly flat. You should end up with 10 or so patties.

Refrigerate patties for at least 1/2 hour (up to about 8 hours). Then lightly oil your grill or grill pan and cook on medium high heat, flipping once, until cooked through. If you don’t have a grill, you can bake them too. Preheat your oven at 350 degrees and bake for 20-25 minutes until fully cooked.