

LAMB MOUSSAKA BURGERS

INGREDIENTS

500 g minced lamb
2 tablespoon tomato paste
1 small red onion finely diced
2 garlic cloves crushed
½ teaspoon cinnamon
¼ teaspoon allspice
½ teaspoon dried oregano
1 teaspoon salt
½ teaspoon pepper
2 tablespoon sunflower oil
4 slices mature Cheddar
4 burger buns
Rocket leaves
Red onion rings
Tomato slices

INSTRUCTIONS

Step 1: Place minced lamb in a bowl along with the tomato paste, onion and garlic. Sprinkle on the cinnamon, allspice, oregano, salt and pepper.

Step 2: Use your hand to mix the ingredients together thoroughly. Divide the mixture into 4 equal portions.

Step 3: Shape each portion into a ball and flatten to the size of your burger bun.

Step 4: Place burgers on a grill and grill for about 14 minutes turning occasionally until cooked through.

Step 5: To finish off top each burger with a slice of cheese over each burger and grill until cheese melts. You can also add your burger buns to the grill pan if you wish to have them toasted (keep an eye on them)!

Step 6: Finally assemble your burger in the bun using the rocket leaves, onion rings, tomato slices, and then top with some baba ganoush to add the delicious flavour of aubergine

THE
COOKERY

by The Secret Jozi Chef