

BLENDERS

GRILLED IRISH LAMB BURGER WITH MINT TZATZIKI

Juicy spiced lamb burgers paired with a cool, refreshing tzatziki made with Blenders Mint Sauce. Served on a toasted bun with fresh tomato, red onion, and mint for the perfect balance of flavours.



Ingredients

For the burgers:

- 50g bulgur wheat, cooked
- 500g extra-lean lamb mince
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1 garlic clove, very finely crushed
- Oil, for brushing
- 4 large burger buns
- Sliced tomato and red onion, to serve

For the tzatziki:

- 5cm piece cucumber, deseeded and coarsely grated
- 200g pot thick Greek yogurt
- 2 tbsp chopped mint
- 20g [Blenders Mint Sauce](#)
- A handful of fresh mint leaves, to serve

Allergens

- Milk, Gluten

Method

1. To make the tzatziki, squeeze the juice from the grated cucumber and discard it. Mix the cucumber into the yogurt along with the chopped mint, then drizzle with [Blenders Mint Sauce](#) for added flavour.
2. In a large bowl, combine the cooked bulgur wheat, lamb mince, ground cumin, ground coriander, smoked paprika, and crushed garlic. Season with salt and pepper, then shape the mixture into four equal-sized burger patties.
3. Brush the burgers lightly with oil, then fry or grill them over medium heat for about 5 minutes on each side until fully cooked.
4. Toast the burger buns, if desired, and assemble each burger with a lamb patty, a dollop of tzatziki, sliced tomato, red onion, and a few fresh mint leaves.