

Lamb & Watercress Burgers with Chargrilled Veg

VITACRESS™

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Preparation time: 15 minutes

Cooking time: 8–10 minutes

Ingredients:

- 1 (400g) pack lean lamb mince
- 1 small onion, chopped
- 1 garlic clove, crushed
- 2 tsp ground cumin
- 1 (85g) bag watercress, finely chopped
- 1 each red and yellow pepper, cored and deseeded
- 2 courgettes
- 1 tbsp olive oil

Yogurt sauce:

- 150ml natural Greek yogurt
- 1 clove garlic, crushed
- 50g (2oz) watercress, roughly chopped

To serve: pitta bread or other flat bread



Method:

Place the mince, onion, watercress and cumin in a large bowl with plenty of salt and freshly ground black pepper. Mix together thoroughly. Divide the mixture into 8 then use wet hands to shape each piece into a small thin pattie. Cut each pepper into 8 wedges and thickly slice the courgettes, place in a bowl, season, add the oil and toss well. Make the yogurt sauce by mixing all the ingredients together with salt and pepper to taste. Transfer to a small bowl. Cook the burgers and vegetables over hot barbecue coals or under a hot grill for 8-10 minutes, turning once until the burgers are cooked through, with no sign of pink juices and the vegetables are chargrilled. Serve with the yogurt sauce and flat breads.

Cook's tip:

These burgers would also work with other mince such as beef or pork or for a healthier option try turkey mince. You can vary the flavour too, omit the cumin and try adding wholegrain mustard, garlic, dried flaked chilli or even curry paste.

Nutrition:

Portions	4
Calories	281
Fat	15.8g
Saturated Fat	6.5
Carbohydrate	9g
Protein	26.4g
Fibre	2.6g
Salt	0.31g