

# LAMBURGERS & YOGURT SAUCE

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

#### For the burgers:

- 1 pound lean ground lamb
- 1 large bunch fresh cilantro or Italian parsley - finely chopped
- 1 onion - finely chopped
- 3 cloves garlic - finely chopped or crushed
- 2 teaspoons ground turmeric
- 1 teaspoon ground fenugreek (methi powder in Indian stores)
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon fresh ground black pepper

#### For the sauce:

- 1 cup plain yogurt
- 1 shallot - finely chopped
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon fresh ground black pepper

### Preparation:

Preheat a large cast iron fry pan on medium-high heat.

In a suitable bowl, evenly mix all burger ingredients except for  $\frac{1}{4}$  teaspoon of the salt. Do not overwork the mixture as it will create a chewy texture. Form the meat into four patties.

Sprinkle the remaining  $\frac{1}{4}$  teaspoon of salt in the fry pan and add the burgers. Cook for six minutes on each side and remove from heat.

While the burgers are cooking, combine the sauce ingredients in a small bowl.

Plate the burgers and top with the yogurt sauce to serve.

### Nutritional Information Per Serving:

Calories: 288  
Fat: 15g  
Carbs: 8g  
Fibre: 0.5g  
Protein: 28g