



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

THE HERBY GREEK

Time: 20 minutes

Serves: 4

Ingredients:

2 ounces light feta cheese – crumbled
1 tablespoon fresh mint – finely chopped
1 tablespoon Italian parsley – finely chopped
1 tablespoon fresh oregano – finely chopped
¼ teaspoon fresh ground black pepper
2 teaspoons fresh lemon juice
2 cloves fresh garlic – finely chopped or crushed
1 pound extra lean ground beef

Preparation:

In a medium bowl, mix the feta, mint, parsley, oregano, and pepper. Set aside one tablespoon of this mixture.

Preheat a large frying pan on medium heat.

Add the lemon juice, garlic and ground beef to the bowl and mix by hand until just combined with the feta blend. Form into four patties.

Cook the patties for four minutes on each side, top with the reserved feta mixture and serve.

Nutritional Information Per Serving:

Calories: 205
Fat: 8g
Carbs: 0.5g
Fibre: 0g
Protein: 32g