



Minty lamb and pea burgers





Ingredients



1

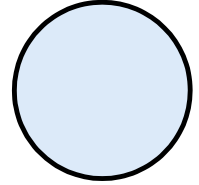
100



grams



frozen peas



2

250



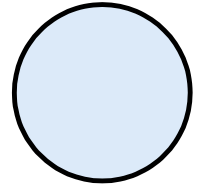
grams



lamb



mince



3

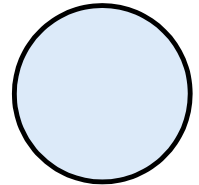
2



tablespoons



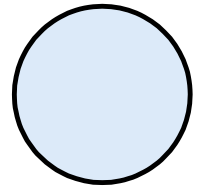
fresh mint



4



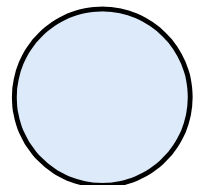
Wholemeal burger buns



5



Iceberg lettuce

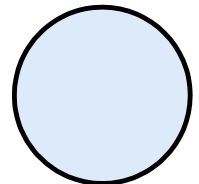


6

$\frac{1}{4}$



cucumber

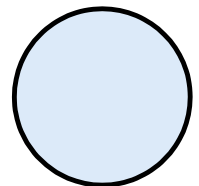


7

2



tomatoes





Ingredients



8

3



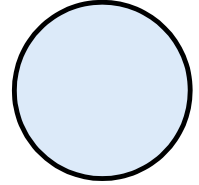
tablespoons



greek



yogurt

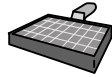




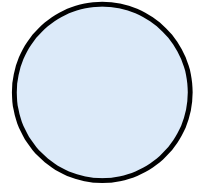
Equipment



1



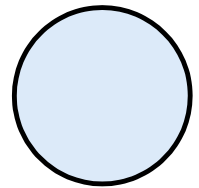
Grill tray



2



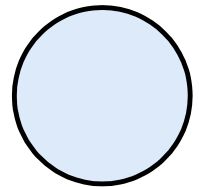
Foil



3



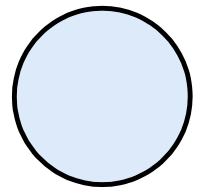
Saucepan



4



Colander



5

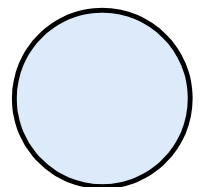


Fork

or



blender



6

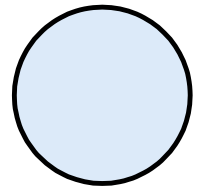
2



small



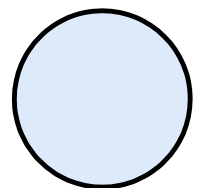
bowls



7



Green chopping board





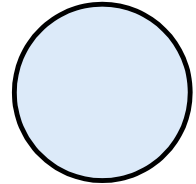
Equipment



8



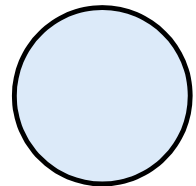
Knife



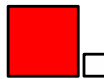
9



Bread knife



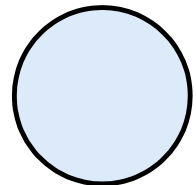
10



Large



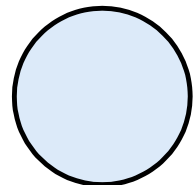
mixing bowl



11



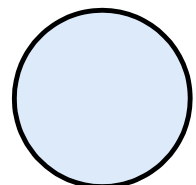
Tablespoon



12



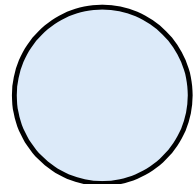
Mixing spoon



13



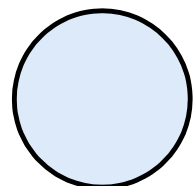
Red chopping board



14



Cling film





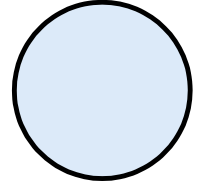
Equipment



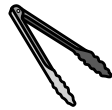
15



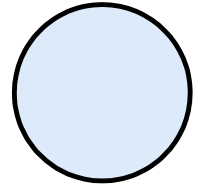
Teaspoon



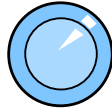
16



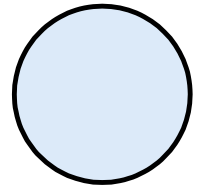
Tongs



17



Plate





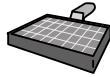
Method



1



Line the grill tray with foil.



2



Place

100



grams

of



frozen peas

into the saucepan



and



cover

with



water.

3



Bring the saucepan to the boil, then reduce the heat



and



cook

the



peas

for

5 minutes.



4



Drain



the peas



using



the colander

and



put

1



small



bowl.

into



Method



5



Mash



the peas



with the fork

or



in a blender.

6



Chop

2



tablespoons

of



fresh mint

on the



green chopping board.

7



Slice



the cucumber

into



circles.

8



Slice



the tomatoes.

9

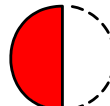


Cut



the burger bun

in



half.

10



Place



the lamb mince

in



the mixing bowl.



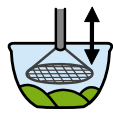
Method



11



Add



the mashed



peas

and

1



tablespoon of



chopped



mint



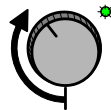
to the mixing bowl.

12

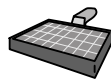


Stir.

13



Turn on



the grill.

14



Using



the red chopping board,



divide

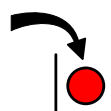
the



lamb



mixture



into

4

and



flatten



each piece

into a



round burger shape.



Method



Wash and dry hands.



15



Cover the burgers with cling film and chill



for 20 minutes.

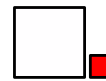
16



Put



the yogurt into the clean



small



bowl.

17



Add

1



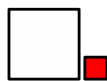
tablespoon of the



chopped



mint into



the small bowl.



18



Mix

with



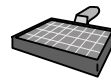
the teaspoon.



Method

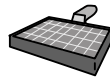


19



Place the burgers onto the grill tray.

20



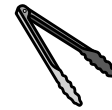
6 – 8

Cook the burgers under the grill for 6 – 8



minutes.

21



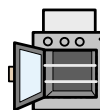
Turn the burgers over with the tongs and cook

6 – 8



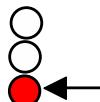
for another 6 – 8 minutes.

22

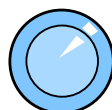
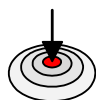


Check the burgers are cooked.

23



Place the bottom of the sliced burger bun in



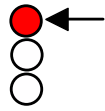
the centre of the plate.



Method



24



Top

with

some lettuce,



cucumber



and

tomato.



25

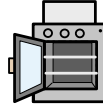


Add

a

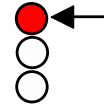
cooked

burger



on top of

the tomato.



26



Add a spoonful

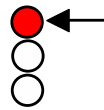
of

minty

yogurt.



27

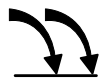


Top with

the lid of the burger bun.



28



Repeat

for

each

burger.

