



Minty lamb and pea burgers





Ingredients



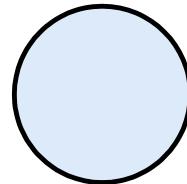
1

100



grams

frozen peas



2

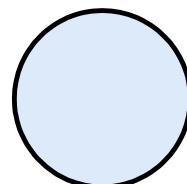
250



grams

lamb

mince



3

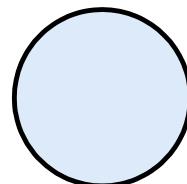
2



tablespoons



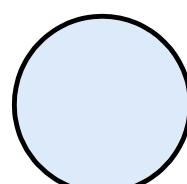
fresh mint



4



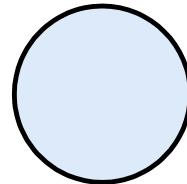
Wholemeal burger buns



5



Iceberg lettuce

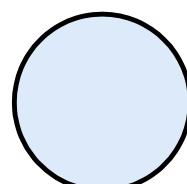


6

$\frac{1}{4}$



cucumber

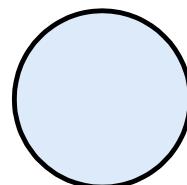


7

2



tomatoes





Ingredients



8

3



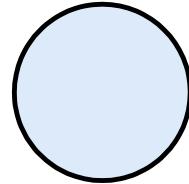
tablespoons



greek



yogurt





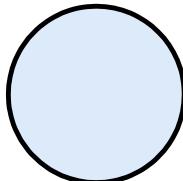
Equipment



1



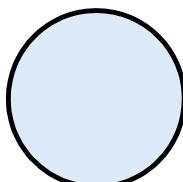
Grill tray



2



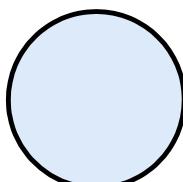
Foil



3



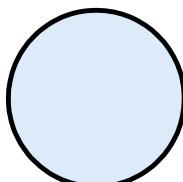
Saucepans



4



Colander



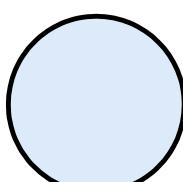
5



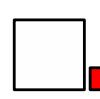
or



blender



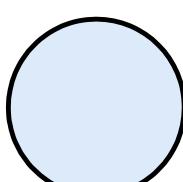
6



small



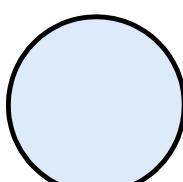
bowls



7



Green chopping board





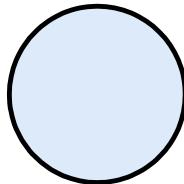
Equipment



8



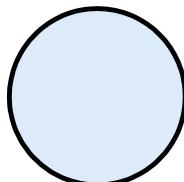
Knife



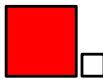
9



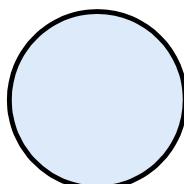
Bread knife



10



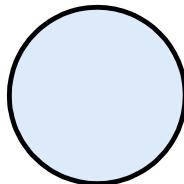
Large mixing bowl



11



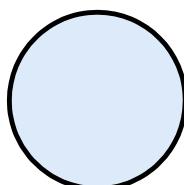
Tablespoon



12



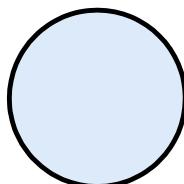
Mixing spoon



13



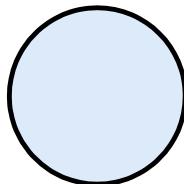
Red chopping board



14



Cling film





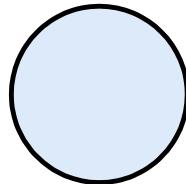
Equipment



15



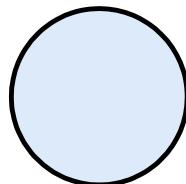
Teaspoon



16



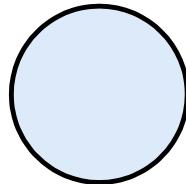
Tongs



17



Plate





Method



1



Line the grill tray with foil.

2



100



Place 100 grams of frozen peas into the saucepan



and cover with water.

3

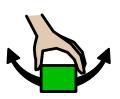


Bring the saucepan to the boil, then reduce the heat



and cook the peas for 5 minutes.

4



Drain the peas using the colander and put

1



into a small bowl.



Method

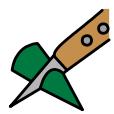


5



Mash the peas with the fork or in a blender.

6



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

   1  Add the mashed peas and 1 tablespoon of

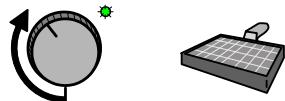
    chopped mint to the mixing bowl.

12



Stir.

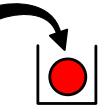
13



Turn on the grill.

14

   Using the red chopping board, divide the lamb

  4 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

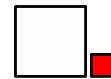


for 20 minutes.

16



Put the yogurt into the clean small bowl.



17



1



Add 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



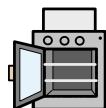
Turn the burgers over with the tongs and cook

6 - 8



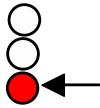
for another 6 - 8 minutes.

22

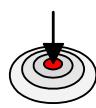


Check the burgers are cooked.

23



Place the bottom of the sliced burger bun in



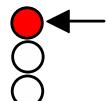
the centre of the plate.



Method

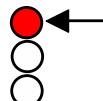


24



Top with some lettuce, cucumber and tomato.

25



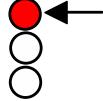
Add a cooked burger on top of the tomato.

26



Add a spoonful of minty yogurt.

27



Top with the lid of the burger bun.

28



Repeat for each burger.