

Eggplant & mushroom lamb burgers



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Preparation 30 mins + chilling time | Cooking 20 mins | Serves 4

350g eggplant, trimmed and cut into 1cm thick slices

4 brioche or seeded bread rolls, halved

50g baby rocket leaves

2 ripe truss tomatoes, sliced

250g tub reduced fat tzatziki

Mushroom & lamb patties:

1 tbs olive oil

200g button mushrooms, finely chopped

1 brown onion, finely chopped

1 garlic clove, crushed

400g lean lamb mince

1/3 cup flat-leaf parsley leaves, finely chopped

1 tsp ground cumin

STEP 1 To make patties, heat 1 tbs oil in non-stick frying pan. Add mushrooms, onion and garlic. Cook, stirring occasionally, for 4-5 minutes until mushrooms are tender. Set aside to cool slightly. Place mushroom mixture, lamb mince, parsley and cumin into a large bowl. Season with salt and pepper. Mix until well combined. Shape mixture into 4 patties. Place on a tray lined with baking paper, cover and chill for 15 minutes.

STEP 2 Preheat a char-grill or barbecue over high heat. Brush patties and eggplant slices with oil. Char-grill or barbecue patties for 5-6 minutes on each side and eggplant for 2-3 minutes on each side until just cooked through. Transfer to a plate. Char-grill or barbecue bread rolls.

STEP 3 Place bread roll bases onto a board. Top each with a dollop of tzatziki, rocket, a patty, sliced tomato and eggplant, finishing with another dollop of tzatziki. Add roll tops and serve.