

# Mushroom & lamb burgers



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

150g small cup mushrooms  
2 garlic cloves  
1 small red onion, peeled and quartered  
500g lamb mince  
1 tsp ground cumin  
1 tsp ground coriander  
½ cup flat-leaf parsley leaves, finely chopped  
1 tbs olive oil

## To serve:

4 wholegrain flat or hamburger rolls, split  
1 just-ripe avocado  
4 Iceberg lettuce leaves, torn  
2 ripe tomatoes, sliced  
Reduced fat tzatziki, to serve

**STEP 1** Using a food processor, process mushrooms, garlic and onion until very finely chopped. Heat a medium frying pan over medium heat. Add mushroom mixture and cook, stirring often, for 2-3 minutes until mixture is softened and pan juices have evaporated. Set aside to cool for 5 minutes. Place mushroom mixture, mince, cumin, coriander and parsley in a bowl. Mix until well combined. Form mixture into 4 (about 10cm wide) patties. Place onto a plate lined with baking paper, cover and refrigerate for 30 minutes (or longer if time permits).

**STEP 2** Preheat oven to 180°C/160°C fan-forced. Heat oil in a large frying pan over medium heat. Cook patties for 4-5 minutes on each side until evenly browned. Place on a baking tray and bake for 4-5 minutes until cooked through. Remove and cover with foil.

**STEP 3** To serve, toast bread rolls. Peel and halve avocado. Spread roll bases with avocado, top each with lettuce, tomato, a pattie and a dollop of tzatziki. Cover with roll tops and serve.