

Mediterranean Feta Lamb Sliders

Nutrient Rich Dishes

Source: keviniscooking.com/mediterranean-feta-lamb-sliders/



SERVES:
4



PREP TIME:
15 MINS



COOKING TIME:
8 MINS



CALORIES:
337KCAL

INSTRUCTIONS

1. Roughly chop a handful of flat leaf parsley. Rinse off the mint and basil and set them aside. Using gloves, cut red jalapeño pepper stem off and remove the seeds.
2. In a food processor, place all herbs and pepper with fresh garlic cloves and a good two inch piece of lemon peel (zest).
3. Pulse several times and add to the ground lamb seasoned with fresh cracked black pepper and the dried oregano.
4. In the mixing bowl add the feta cheese crumbles and gently work the ingredients together thoroughly. Divide the lamb mixture into four portions, set aside.
5. Heat the grill to around 450° and then clean and oil it so burgers do not stick.
6. Grill for 3 minutes on the first side, flip and cook for 4 minutes then back over for 1 minute more. Remove from the grill and allowed them to rest for 10 minutes.
7. Serve and top with tzatziki sauce.

Lamb is a good dietary source of vitamin B12 which plays an important role in brain health, the functioning of the nervous system, skin vitality and blood cell health. One in two people have the genetic variant that puts them at an elevated risk for vitamin B12 deficiency.

INGREDIENTS

- 1 pound ground lamb
- 1 teaspoon dried oregano
- Fresh cracked black pepper
- Flat leaf parsley
- 10 fresh mint leaves
- 6 fresh basil leaves
- 1 red jalapeño pepper
- 4 garlic cloves
- 1 lemon
- 1 cup feta cheese, crumbled