

Lamb burger



Symbols relate to recipe, not complete meal

Ingredients – Serves 5

Onion, peeled 30g (½ small)
Egg 25g (½ egg)
Minced lamb, lean 250g
Dried mixed herbs
 ¼ teaspoon
Garlic powder ¼ teaspoon
Ground coriander
 ¼ teaspoon
Ground cumin
 ¼ teaspoon
Black pepper 1 pinch
White breadcrumbs
 30g (1 slice)

Ingredients – Serves 20

Onion, peeled
 120g (2 small)
Egg 100g (2 eggs)
Minced lamb, lean 1kg
Dried mixed herbs
 1 teaspoon
Garlic powder 1 teaspoon
Ground coriander
 1 teaspoon
Ground cumin
 1 teaspoon
Black pepper
 ¼ teaspoon
White breadcrumbs
 120g (4 slices)



Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Finely dice the onion.
3. Whisk the egg and use it to combine all the ingredients in a large bowl.
4. Flatten the mixture on to a work surface and divide into balls.
5. Roll and flatten each burger.
6. Place on a baking tray and bake in the oven for 20 minutes or until thoroughly cooked.

Recipe adapted from Pollyanna's Nursery.

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Suggested portion size for recipe

1–4 years – 50g
 1–2 years – 40g
 3–4 years – 60g

Preparation time

15 minutes

Cooking time

20 minutes

Serving suggestion

Serve with homemade tomato and basil sauce (see page 32), potato wedges and peas (see page 31 and 33)

Tip

Try with minced beef or pork instead of lamb