



## SMASHED PITA BURGER WITH TZATZIKI

569 Kcal | 30g Proteins | 32g Fats | 42g Carbs | 5g Fibers

### Ingredients

#### For the tzatziki:

½ cucumber, grated  
6.7 oz. (190g) Greek yogurt  
juice from 1 lemon  
1 clove garlic, minced  
2 tbsp. fresh dill, chopped  
2 tbsp. fresh mint, chopped  
1 tbsp. olive oil  
1 tsp. salt

#### For the burger:

1 lb. (450g) ground lamb  
½ red onion, grated  
3 cloves garlic, minced  
2 tbsp. fresh mint  
½ tsp. dried oregano  
½ tsp. paprika  
1 tsp. salt  
½ tsp. black pepper  
4x pita bread

#### Toppings:

1 cucumber, chopped, garnish  
5.3 oz. (150g) cherry tomatoes  
4 tbsp. feta cheese, crumbled  
fresh dill, chopped  
fresh mint, chopped

### What you need to do

- ☑ To make the tzatziki, grate the cucumber using the large holes of a box grater. Place the cucumber onto some kitchen towel, and squeeze out any excess liquid from the cucumber. In a medium bowl, combine the grated cucumber, yogurt, lemon juice, garlic, dill, mint, olive oil and salt. Refrigerate until ready to serve.
- ☑ Place the ground lamb into a large bowl, adding the onion, garlic, mint, oregano, paprika, salt and black pepper. Mix until fully combined, then roll into 4 even-sized balls.
- ☑ Heat a flat top grill, or cast iron skillet, over medium-high heat. Place the balls of meat on the hot surface then, using a heavy pan or burger press, smash the pita bread down on top of the burger until it's as flat as you can make it. Cook for 4-5 minutes until the meat is cooked through, then flip over and cook for a further minute.
- ☑ Remove from the skillet and serve the burger with tzatziki and other toppings.



Serves

4



Prep. Time

10 minutes



Cook

15 minutes