

Moroccan Spiced Lamb Burgers

Ingredients

2 tsp sea salt
2 tsp fresh ground black pepper
1 tsp cumin seeds
2 tsp coriander
2 tsp GastroChef's garam masala
2 tsp sweet smoked paprika
2 Eggs
Lean ground lamb meat
Lean ground beef meat

Directions

1. Combine all spices into a small bowl and ensure they are well mixed. If you find any large chunks of spices, place spice mixture in a coffee grinder and grind for a few seconds
2. In a medium sized bowl combine equal amounts of lean ground lamb and beef.
3. In a small bowl, whisk together 2 eggs and add to the meat and mix until well combined
4. Using your hands roll meat into burger patties and flatten slightly
5. Spread spice mixture on parchment paper or a large plate
6. Take patties, one at a time and coat each side of the patty with the spice mixture by pressing each side into the spices on the plate
7. When prepared, barbeque burgers on a pre-heated grill until cooked through (cooking times will vary based on grill)
8. Garnish with GastroChef's Thai mango salad and a grain free bun
9. Enjoy!

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