

Fresh Canadian Lamb

BBQ



Lamb burger

Serves four

Preparation time: 10 minutes

Cooking time: 10 minutes

Cost: \$

Ingredients

1 lb	Ground lamb	500 g
	Salt and pepper (to taste)	
1	Shallots, chopped	1
1	Egg, beaten	1
¼ cup	Breadcrumbs	50 ml

Method

Mix all ingredients with the ground lamb. Make 4 large (or 8 small) patties. Cook on a preheated grill at medium-high for 5 to 10 minutes on each side.

Serve on kaiser buns with lettuce, sliced tomato, thin slices of onion and your choice of condiments.

You can also add 1 tbsp (15 ml) of dry tomato pesto or basil pesto.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

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Per serving:

Calories: 492; Fat: 27.3 g; Protein: 41 g; Cholesterol: 159 mg;

Sodium: 298 mg; Carbohydrate: 21.6 g; Fibre: 3.9 g