

# Lamb Burgers with Avocado and Alfalfa Sprouts



## Ingredients:

- 1 lb ground lean Alberta Lamb
- 2 tbs coarsely grated onion
- 2 tbs coarsely chopped flat-leaf parsley
- ½ tsp finely grated lemon zest
- Salt and freshly ground pepper to taste
- 1 small ripe avocado, peeled and pitted
- 2 tsp fresh lime juice
- 2 tbs plain non-fat yogurt
- 4 best-quality whole-grain rolls
- 1 large tomato, cut into 4 thick slices
- ½ cup alfalfa sprouts

## Method:

In a bowl, lightly mix the lamb with the onion, parsley, lemon zest, salt and pepper. Form into 4 patties, each 3 inches across and 1 inch thick.

In a separate bowl, mash the avocado with the lime juice and yogurt. Season with salt and pepper to taste.

Broil the patties (3 inches from heat source) or pan-fry over medium heat in a non-stick skillet for 5 minutes per side, or until cooked through.

Lightly toast the rolls. Place a burger on each roll and top with the avocado mixture, a tomato slice and alfalfa sprouts. Serve immediately.

Note: When sweet onions such as Vidalias and Walla Wallas are in season, a slice adds a real treat.

## Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)