

Less than 1 hour

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

Pickled onions:

- 2 red onions
- $\frac{1}{3}$  cup (80ml) warm water (not boiling)
- 3 Tbsp (45ml) vinegar
- 2 Tbsp (30ml) sugar

Patties:

- 500g beef mince
- 200g cooked brown lentils
- Salt and milled pepper
- 1 Tbsp (15ml) soy or Worcestershire sauce
- 2 cloves garlic, grated
- Handful each fresh coriander and parsley, chopped

Tzatziki:

- $\frac{1}{2}$  cucumber
- $\frac{1}{2}$  cup (125ml) plain yoghurt
- Salt and milled pepper

- Oil, for frying
- 4 hamburger buns
- 1 disc (60g) feta
- 1 packet (30g) rocket

Method:

1. Combine pickled onion ingredients and pickle for 20-30 minutes until softened.
2. Drain and set aside.
3. Combine patty ingredients and shape into 4 patties.
4. Chill in the fridge for 10 minutes to firm up.

5. Grate cucumber and squeeze out excess water.
6. Mix with yoghurt and season.
7. Heat oil in a pan and fry patties to your liking.
8. Serve buns topped with tzatziki, crumbled feta, patties, rocket and pickled onions.