



Lamb Burgers with Kalamata Olives and Mint Gremolata

Active Time: 25 minutes | **Total Time:** 25 minutes | **Serves:** 6

Nutrition Information Per Serving

357.7 calories, 3.43 g carbohydrate, 1.48 g fiber, 1.95 g NET carbs, 19.34 g protein, 29.81 g fat

Ingredients

- 2 clove(s) organic garlic, minced
- 1/4 cup(s) fresh parsley, chopped
- 1/2 tsp(s) sea salt
- 1 whole organic lemon, juice and zest
- 1/3 cup(s) kalamata olives, chopped
- 8 Tbsp(s) fresh mint, chopped
- 1/2 tsp(s) freshly ground black pepper
- 1 Tbsp organic extra virgin olive oil
- 1/2 tsp(s) dried organic oregano
- 1 1/2 pound(s) grass-fed ground lamb

Preparation

1. First, prepare gremolata by combining mint, parsley, garlic, lemon juice and zest. Set aside.
2. Prepare grill or grill pan to medium-high.
3. In a large bowl, combine the lamb, olives, salt, pepper and oregano. Form patties that are 1/2 inch thick. Cook the burgers for 3-4 minutes per side, or until desired doneness.
4. Serve with gremolata.

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