



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.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.