

Others

LAMB BURGERS WITH AVOCADO, PEA AND MINT PUREE



500g minced lamb
1 tbsp curry paste
1 small red onion, finely chopped
handful of fresh coriander, finely chopped
finely grated zest and juice of 1 lime
salt and freshly ground pepper
85g peas
1 ripe avocado
2 tbsp fresh mint
1 tbsp white wine
2 tbsp double cream
bread, tomatoes and lettuce to serve

Preparation

Preheat the grill or barbeque.

Place the lamb, curry paste, onion, coriander, lime zest and juice into a large bowl. Season and mix well.

Divide the mixture into six and shape into burgers. Flatten and cover and chill for about 30 minutes until ready to cook.

Place the peas into water in a saucepan, bring to the boil and cook for two minutes. Drain.

Place the peas in a small blender along with the avocado and mint and blend until smooth. Add the white wine and cream and season to taste.

Cook the burgers on the barbeque or under a medium-hot grill for 6-8 minutes on each side or until thoroughly cooked – there is no pink meat and the juices run clear. Serve the burgers on toasted bread along with a garnish of tomatoes and lettuce and topped with a generous spoonful of the purée.
