

Mediterranean Lamb Patties. Tzatziki. Greek

Serves 2

Prep Time: 30-35 minutes

Salad.

There's so much flavor in this meal, you won't miss the pita! (Well...you might, but you can have that after the 28-Day Refresh.)

Shopping List:

Produce

1 head romaine
1 handful cherry tomatoes
½ cup cucumber
¼ red onion
2 tbsp dill
2 cloves garlic
½ lemon

Grocery

olive oil
red wine vinegar
6 kalamata olives
½ tsp cumin
1 tsp paprika
¼-½ tsp red pepper flakes

Refrigerated

½ lb ground lamb
½ cup whole milk yogurt
2 tbsp feta

Recipe:

1 head romaine, cut or torn into bite size pieces
1 handful cherry tomatoes, sliced in half
½ cup cucumber, chopped (divided)
¼ red onion, thinly sliced
2 tbsp dill, roughly chopped
2 cloves garlic, minced (divided)
½ lemon
olive oil
red wine vinegar
½ cup whole milk yogurt
2 tbsp feta, crumbled
6 kalamata olives, roughly chopped
½ tsp cumin
1 tsp paprika
½ tsp red pepper flakes
½ lb ground lamb

1. Combine half of the cucumber in a bowl with the yogurt, dill, and half of the chopped garlic. Squeeze in the juice of the lemon and season with salt & pepper. Place in fridge while you prepare the rest of the meal.
2. In a mixing bowl, combine the lamb with the cumin, paprika, red pepper flakes (to taste), remaining garlic, and a glug of olive oil. Season with salt and pepper and form into 6 small patties. Set aside.
3. Combine lettuce, olives, tomatoes, onion and feta in a salad bowl.
4. Heat a small amount of oil in a skillet over medium heat. When oil is hot, add lamb patties and cook 3-5 minutes per side, or until done to your liking.
5. Dress your salad by drizzling with a little olive oil and red wine vinegar. Season with salt and pepper and toss to combine.
6. Serve the lamb patties topped with a dollop of tzatziki, and the salad on the side.

Cooks Tips:

- If lamb isn't your thing, feel free to use ground beef or turkey instead.
- Tzatziki is a great dip to keep in your fridge as a snack with veggies. Try doubling or tripling this recipe to have extra for tomorrow!