

LAMB BURGERS with spring onions and FETA

You can't go camping and not have a burger. It's the rules. But in our book it says that burgers must also be made fresh. Spice lovers can add a pinch of crushed dried chillies if they fancy.

MAKES 4

- * **500G LAMB MINCE**
- 3 SPRING ONIONS, TRIMMED AND FINELY CHOPPED**
- 4 TBSP CHOPPED MINT OR CORIANDER (OR A MIXTURE OF BOTH)**
- 1 HEAPED TSP GROUND CUMIN OR CORIANDER**
- GENEROUS PINCH GROUND CINNAMON (NOT ESSENTIAL)**
- 1 MEDIUM EGG, LIGHTLY BEATEN**
- 2 RIPE TOMATOES**
- HALF A SMALL RED ONION**
- 8 TBSP THICK NATURAL YOGHURT, SUCH AS GREEK**
- SQUEEZE OF LEMON JUICE**
- 8 SLICES FETA**
- 4 LARGE BURGER BUNS OR WRAPS**
- HANDFUL OR TWO OF SALAD LEAVES**

In a bowl, break up the mince with a fork, then sprinkle over the spring onions, half the herbs, the cumin or coriander, cinnamon and some seasoning. Mix together, then add the egg and mix again. Don't overwork the mixture or the burgers will be tough.

Form the mince into 4 balls and transfer to a large plate or board, then flatten them slightly into burgers. Chill for 30 minutes. Fire up the barbecue (or a griddle). Slice the tomatoes and peel and slice the red onion. Mix the yoghurt with the rest of the herbs and a squeeze of lemon juice and season.

Cook the burgers for 4-5 minutes on each side. Spread each bun or wrap with a spoonful of herby yoghurt. Tuck a burger, a couple of slices of feta and a few slices of tomato and red onion into each bun or wrap. Add a sprinkle of sea salt, another spoonful of herby yoghurt and a few salad leaves to finish.

