

Greek "lamburgers" with tomato & cucumber salad



These scrumptious "lamburgers" made with our Mediti-ol Savory Mix taste like... the Mediterranean! Enveloped by a warm pita pocket bread, topped with a Greek yogurt sauce and served with a tomato & cucumber salad, our "lamburgers" will transport you to Greece all year round! Sauté them in a skillet year-round, or grill them in the summer.

Did you know?

Cucumber

originally grew wild in India. Early Indian civilizations began cultivating the cucumber plants around 2 millennia BC and started to trade the cucumbers with the Middle East and Europe. Ancient Greek civilizations embraced the vegetable, calling them sikyon, and incorporated the cucumber as a staple of their cuisine.

Lamb

sheep have been raised for food and clothing for over 10,000 years. Farmers discovered sheep could be a very productive crop, providing meat for food (lamb), wool for clothing, skins for parchment, and milk for butter and cheese. Lamb is an important ingredient for Greeks,



In your kit

- Mediti-ol Savory Mix
- Mediti-ol Herbie Mix



Minutes:
15 prep + 10 cook



quick



Nut-free



4 servings

Your shopping list



1½ lbs ground lamb
(6 oz/patty)



1 large cucumber / 5
small cucumbers



1 cup cherry tomatoes



4 pita breads



1 lemon



½ cup Greek yogurt

Basic pantry: olive oil, salt, pepper

 youngest chefs

  older chefs

   oldest chefs / adults



1. Prep ingredients



- **Cherry tomatoes** - cut in half.
- **Cucumbers** - trim ends and cut into 1/8" slices.
- **Lemon** - cut in half and juice. Use in step 3 & 4.



2. Assemble salad



- In a medium bowl, whisk together 2 tablespoons **olive oil**, 2 teaspoon **lemon juice**, 1 teaspoon **Mediti-o! Herbie Mix** and 1/2 teaspoon **salt**.
- Add **cucumbers** and **tomatoes** and toss well to combine all ingredients.
- Refrigerate salad while preparing "lamburgers"



3. Make & cook "lamburgers"



- In a large bowl, combine **ground lamb**, **Mediti-o! Savory Mix**, and 1 teaspoon **salt**.
- Form the ground lamb mixture into 4 patties.
- In a large skillet, heat 1 tablespoon **olive oil** over medium-high heat until hot.
- Add lamb **patties** and cook through, about 3-4 minutes per side.



4. Prep yogurt sauce & warm pita



- In a small bowl, add 1 tablespoon **olive oil**, 1/2 cup **Greek yogurt**, the remaining **Mediti-o! Herbie Mix**, 1 teaspoon **lemon juice**, 1/2 teaspoon **salt**, and **pepper** to taste.
- Cut **pita** pocket in half and warm in microwave until pliable, about 15-30 seconds.



5. Plate your dish



- Place each **lamburger** in a warm **pita pocket**.
- Top with **Greek yogurt sauce**, and serve with the **tomato & cucumber** salad.

Enjoy!