

DINNER

Grilled Spicy Lamb Burgers

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	15 min	10 min	4	\$3.03	570 kcal



You can never have too many American recipes, so give Grilled Spicy Lamb Burgers a try. This recipe serves 4. One portion of this dish contains roughly 29g of protein, 34g of fat, and a total of 570 calories. For \$3.03 per serving, this recipe covers 21% of your daily requirements of vitamins and mi...

Ingredients

- ☐ 4 ounces feta cheese, crumbled

☐ 2 tablespoons chopped fresh mint leaves

☐ ¼ teaspoon ground allspice

☐ 1 pound ground lamb

☐ 1 teaspoon molasses

☐ 4 pita bread rounds

☐ ½ teaspoon salt
- ☐ 2 tablespoons chopped fresh cilantro

☐ 1 tablespoon garlic, chopped

☐ 1 teaspoon ground cumin

☐ ½ teaspoon ground black pepper

☐ 2 tablespoons chopped fresh oregano

☐ ½ teaspoon red pepper flakes

☐ 1 teaspoon sherry

☐ 1 teaspoon white wine vinegar

EQUIPMENT Bowl, Grill

Method

- 1

Preheat grill for medium heat.
- 2

Place the lamb in a large bowl, and mix with the mint, cilantro, oregano, garlic, sherry, vinegar, and molasses. Season with cumin, allspice, red pepper flakes, salt, and black pepper, and mix well. Shape into 4 patties.
- 3

Brush grill grate with oil. Grill burgers 5 minutes on each side, or until well done.
- 4

Heat the pita pocket briefly on the grill.
- 5

Serve burgers wrapped in pitas with feta cheese.

Nutrition per serving			
	570	29 g	34 g
	KCAL	PROTEIN	FAT
			37 g
			CARBS
Saturated Fat			15.5 g · 97% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			1.5 g · 2% of daily needs
Sodium			989 mg · 43% of daily needs
Cholesterol			108 mg · 36% of daily needs
Vitamin C			1.6 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-spicy-lamb-burgers-148175