



Lamb Burgers with Green Harissa

 **Gluten Free**  **Dairy Free**



READY IN

ready

40 min.

SERVINGS

servings

40

CALORIES

calories

83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 servings pepper black freshly ground
- ☐ 2 mild chiles green yellow such as anaheim or wax chiles, seeded and coarsely chopped
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.5 cup rice white cooked
- ☐ 1 large eggs beaten large
- ☐ 1 clove garlic smashed
- ☐ 4 chiles green such as serranos or jalapeños, thinly sliced hot
- ☐ 1 pound lamb

- ☐ 40 servings kosher salt
- ☐ 40 servings warm naan chopped for serving
- ☐ 0.3 cup olive oil extra-virgin plus more for grilling
- ☐ 2 scallions coarsely chopped

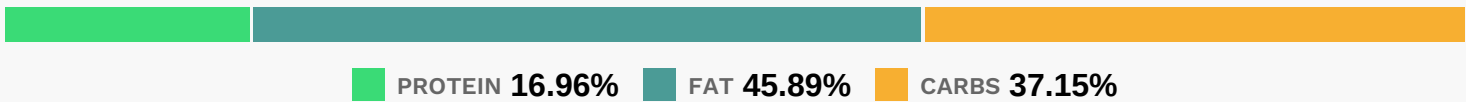
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan. In a medium bowl, combine the ground lamb with the cooked rice, egg and 1/4 cup of the cilantro.
- ☐ Add 1 teaspoon of kosher salt and 1/2 teaspoon of black pepper and gently knead the meat to blend. Using lightly moistened hands, form the meat into 12 patties, about 1/2 inch thick.
- ☐ Brush the patties with olive oil.
- ☐ Grill the patties over moderate heat, turning occasionally, until browned and cooked through, about 6 minutes.
- ☐ Meanwhile, in a food processor, combine the hot and mild chiles with the scallions, garlic and the remaining 1/4 cup of cilantro and pulse until chopped.
- ☐ Add the 1/4 cup of olive oil and process to a chunky puree. Season the harissa with salt. Wrap the lamb in the warm naan with tomatoes and feta. Spoon some of the green harissa on top and serve.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:8.7691305299168%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 83.38kcal (4.17%), Fat: 4.5g (6.93%), Saturated Fat: 1.44g (8.97%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 5.81g (2.11%), Sugar: 5.03g (5.58%), Cholesterol: 12.93mg (4.31%), Sodium: 226.71mg (9.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Vitamin C: 28.62mg (34.7%), Vitamin A: 1547.6IU (30.95%), Vitamin K: 17.79µg (16.94%), Potassium: 465.82mg (13.31%), Manganese: 0.24mg (11.88%), Fiber: 2.4g (9.59%), Vitamin B3: 1.79mg (8.94%), Vitamin B6: 0.18mg (8.8%), Vitamin E: 1.23mg (8.19%), Folate: 30.73µg (7.68%), Phosphorus: 65.89mg (6.59%), Copper: 0.13mg (6.27%), Magnesium: 23.45mg (5.86%), Vitamin B1: 0.08mg (5.49%), Zinc: 0.73mg (4.87%), Vitamin B12: 0.27µg (4.55%), Iron: 0.74mg (4.13%), Vitamin B2: 0.07mg (3.94%), Selenium: 2.7µg (3.85%), Vitamin B5: 0.27mg (2.69%), Calcium: 22.31mg (2.23%)