



#MakeItGAP

RECIPES

GRILLED LAMB PITAS WITH PISTACHIO & MINT PESTO

YIELD: Serves 4

INGREDIENTS:

BURGERS:

1 lb. ground lamb
1 shallot
1 large garlic clove
1 Tbsp. fresh dill, *roughly chopped*
2 tsp. Mediterranean spices (*or substitute a pinch of each of cumin, crushed coriander seeds, dried oregano, dried rosemary and cinnamon*)
pinch red pepper flakes
pinch salt and pepper
4 pitas

PESTO:

1 cup fresh mint leaves
1/4 cup pistachio nuts
1/4 cup olive oil
Feta cheese crumbles, *as needed*
salt, *as needed*

YOGURT:

1/2 cup nonfat Greek yogurt
1 Tbsp. fresh lemon juice
Dill, *as needed*
salt and pepper, *as needed*

PREPARATION:

Add the meat, herbs, and seasonings to a large bowl. Using a fine grater or zester, grate the shallot and garlic over the meat, wiping off any excess on the grater. Mix with your hands.

Scoop a fourth of the meat and place into a burger mold or use your hands to shape into a patty. With your thumb, make an indent on the top of the patty. Transfer to a plate and repeat for the next three patties. Place in fridge for 30 minutes to one hour.

Heat the grill to medium heat. Once hot, place the burgers on the grill and cook 6-7 minutes on each side, flipping once. Once grilled to desired doneness, transfer to a resting plate.

Add pitas to grill and heat until charred.

For the pesto, combine mint, nuts, and olive oil in a food processor and pulse. Adjust oil if needed. Season with salt to taste. Fold in feta crumbles.

For the yogurt sauce, combine all ingredients and stir. Add dill, salt and pepper as needed to taste.

Stuff the burgers into the pita and top with pesto and yogurt sauce. Mix the pesto and yogurt sauce together if desired.

Recipe adapted from vodkaandbiscuits.com