Grilled Cumin Lamb Patties with Chopped Salad

4 small patties; 2 flatbread suppers · Active 30 min · Total 45 min

Skills: Confident beginner

Ingredients

- 10 1/2 oz ground lamb (300 g)
- 1 small onion, very finely grated (60 g)
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 2 tablespoons chopped parsley (8 g), divided
- 1/4 cup thick plain yogurt (60 g)
- 1 small garlic clove, finely grated (3 g)
- 2 teaspoons olive oil (10 ml)
- 1 tablespoon lemon juice (15 ml)
- 2 medium tomatoes, finely diced (200 g)
- 1/2 cucumber, finely diced (150 g)
- 2 plain flatbreads (140 g total)

Set out

Permitted outdoor grill used in the open air, Clean raw-meat board and bowl, Separate salad bowl, Grill spatula or tongs, Clean cooked-food plate, Instant-read thermometer

Allergens

Milk, Wheat in flatbread; check bread for other allergens. Check labels and substitutions.

Make it

1. Mix lamb with grated onion, cumin, half the salt, all the pepper and half the parsley. Form four even patties about 3 1/2 inches (9 cm) across and 5/8 inch (1.5 cm) thick. Make a shallow central depression, cover and refrigerate while preparing the grill.

2. Mix yogurt and garlic with half of the remaining parsley (2 g), using a clean spoon, and refrigerate. In a separate bowl combine oil, lemon juice, remaining salt and the last 2 g parsley with tomato and cucumber shortly before serving.

3. Prepare the permitted outdoor grill for medium direct heat according to its instructions, in the open air away from enclosures and combustible items. Grill patties for 8–12 minutes, turning several times, until the thickest centers reach 160°F/71°C. Transfer with clean utensils to the clean plate.

4. Warm the flatbreads briefly on the grill. Serve one bread per person with two patties, half the chopped salad and half the garlic yogurt.

Check permission before opening the meat

Fire restrictions can change the cooking plan. If the outdoor equipment cannot be used safely and lawfully at the stop, choose a meal suited to your approved indoor appliance instead.

A useful detail

Never use an outdoor grill or camp stove inside an RV, camper, tent or other enclosed space. Ground lamb patties must reach 160°F/71°C; do not use a whole-cut lamb temperature.

Keep it well

Keep raw lamb and yogurt at 40°F/4°C or below until needed. Refrigerate cooked patties and salad separately within 2 hours, or 1 hour above 90°F/32°C. Use cooked patties within 3 days and chopped salad or yogurt within 2 days or their ingredient labels’ shorter limits. Reheat patties to 165°F/74°C; keep salad and yogurt cold.