



BODYBUILDING.com™

Chef Robert Irvine: Lamb Burger

Ingredients

8 oz. ground lamb, 80% lean
1 toasted brioche bun or substitute (or no bread at all)
2 pinches chopped parsley
1 avocado, sliced
1 tbsp Sambal Oelek, Sriracha, or other hot sauce
1/4 lemon, squeezed
1/2 cup sour cream
1/2 red onion, grilled
Pinch of salt
Pinch of pepper

Directions

1. Lightly salt and pepper ground lamb in a bowl, then thoroughly mix.
2. Shape lamb into 2 patties, 4 ounces apiece.
3. Grill the patties to temperature.
4. While patties are cooking, make a dressing in a mixing bowl by combining the sour cream, hot sauce, parsley, and lemon, whisking until consistent.
5. Core and slice the avocado.
6. Lightly toast or grill the bun.
7. Spoon or spread dressing onto bottom layer of bun, then fan avocado slices atop dressing.
8. Place grilled burger atop avocado slices.
9. Top the burger with a ring of grilled onion and remaining half of bun.