

# Beef Burger with Whipped Feta & Greek Yoghurt Sauce

Makes: 4 burgers

## INGREDIENTS

500 g beef mince  
½ tsp (2.5 ml) salt + extra  
½ tsp (2.5 ml) black pepper + extra  
2 rounds of Feta cheese  
¼ cup (60 ml) double cream plain yoghurt  
3 Tbsp (45 ml) olive oil  
A squeeze of lemon juice  
Toasted sesame burger buns, to serve  
Fresh rocket, to serve  
Cucumber ribbons, to serve  
Sliced red onion, to serve

## METHOD

1. In a large mixing bowl, add the beef mince, along with ½ tsp (2.5 ml) salt and ½ tsp (2.5 ml) black pepper. Mix well and divide the mince into 8 small balls. Flatten each mince ball into thin burger patties.
2. Heat a large, oiled griddle pan over high heat and fry the burger patties in batches, flipping after 2-3 minutes or until cooked to your liking.
3. While the patties cook, add the Feta cheese to the bowl of a food processor, followed by the yoghurt, olive oil, lemon juice and season with a small pinch of salt (not too much as the Feta cheese is salty) and pepper. Mix until the sauce is smooth.
4. Place the bottom half of a burger bun onto a plate, smooth with some whipped Feta sauce, some rocket, add a burger patty, followed by a second patty, some more rocket, cucumber ribbons and red onion.
5. Smear some more whipped Feta sauce onto the top half of the bun and add to the burger.



## Nutrition Facts

Serving size: 100 g beef patty on 60 g burger bun with 75 g sauce

	Per 100g	Per serving
Energy (kJ)	794	2156
Protein (g)	14.3	38.9
Cho (g)	11	30
Fat (g)	10	26
Calcium (mg)	62	169
Sodium (mg)	333	905
Dietary Fibre (g)	0.5	1.2



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