

Lamb Burgers with Tzatziki: A Flavorful Twist on a Classic

Lamb Burgers with Tzatziki Sauce



TIME
4-6 min

TEMP
160°F

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Recipe Card

SAVE
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INGREDIENTS

For the Tzatziki Sauce:

- 1/2 cup plain Greek yogurt
- 1/4 cup grated cucumber, excess water squeezed out
- 1 tbsp fresh dill, chopped
- 1 small clove garlic, minced
- 1/2 tsp lemon juice
- Salt and pepper, to taste

For the Lamb Burgers:

- 1 lb ground lamb
- 1/4 cup finely chopped red onion
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 hamburger buns, toasted

Optional toppings: lettuce, tomato, red onion slices

Swaps and Notes:

Ground Lamb: Use a good quality ground lamb for the best flavor.

Tzatziki Sauce: Plain Greek yogurt is a must for the creamy, thick consistency. You can also add a little chopped fresh mint to the sauce for an even fresher flavor.

Red Onion: I love the flavor of red onion in the patties, but you can also use finely chopped yellow onion or shallots.

Bread: A hearty hamburger bun or a brioche bun works great for these burgers. Toasting the buns is a must to keep them from getting soggy.

Seasoning: You can add a pinch of cumin or coriander to the lamb mixture for an extra layer of flavor.

Directions:

Make the Tzatziki Sauce:

Prep the Cucumber: Grate the cucumber and use a paper towel or cheesecloth to squeeze out as much water as you can. This prevents the sauce from becoming watery.

Combine: In a small bowl, combine the plain Greek yogurt, grated cucumber, chopped fresh dill, minced garlic, and lemon juice. Stir until well combined. Season with salt and pepper to taste.

Chill: Cover the bowl and refrigerate while you prepare the burgers. This allows the flavors to meld.

Make the Lamb Burgers:

Combine Ingredients: In a medium bowl, combine the ground lamb, finely chopped red onion, minced garlic, dried oregano, salt, and black pepper. Mix gently with your hands until just combined. Be careful not to overmix, as this can make the patties tough.

Form Patties: Divide the mixture into four equal portions and form them into patties about 1/2 inch thick. Make a small indent in the center of each patty with your thumb-this prevents them from puffing up in the middle.

Cook: Heat a grill or a skillet over medium-high heat. Lightly grease the surface. Place the patties on the hot surface and cook for 4-6 minutes per side, or until they reach your desired doneness. The internal temperature for medium-rare is 135°F (57°C) and for well-done is 160°F (71°C).

Toast Buns: While the burgers are cooking, lightly toast your hamburger buns.

Assemble and Serve: Place the cooked lamb patty on a toasted bun. Top with fresh lettuce, tomato, and a generous dollop of the homemade tzatziki sauce. Serve immediately.

Tips for Success:

Don't Overwork the Meat: Just like with any burger, overmixing the ground lamb will result in a tough, dense patty. Mix just enough to combine the ingredients.

DIRECTIONS

1. **Make the Tzatziki Sauce:** Prep the Cucumber: Grate the cucumber and use a paper towel or cheesecloth to squeeze out as much water as you can. This prevents the sauce from becoming watery.
2. **Combine:** In a small bowl, combine the plain Greek yogurt, grated cucumber, chopped fresh dill, minced garlic, and lemon juice. Stir until well combined. Season with salt and pepper to taste.
3. **Chill:** Cover the bowl and refrigerate while you prepare the burgers. This allows the flavors to meld.
4. **Make the Lamb Burgers:** Combine Ingredients: In a medium bowl, combine the ground lamb, finely chopped red onion, minced garlic, dried oregano, salt, and black pepper. Mix gently with your hands until just combined. Be careful not to overmix, as this can make the patties tough.
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generous dollop of the homemade tzatziki sauce. Serve immediately.

9. **Tips for Success: Don't Overwork the Meat:** Just like with any burger, overmixing the ground lamb will result in a tough, dense patty. Mix just enough to combine the ingredients.
10. **Make the : Sauce Ahead:** The tzatziki sauce can be made a day in advance. In fact, it tastes even better after the flavors have had some time to meld together.
11. **Use a : Griddle or Skillet:** Cooking these burgers in a cast-iron skillet or on a griddle will give you a fantastic sear and a juicy final product.
12. **Let the : Burgers Rest:** Let the cooked patties rest for 2-3 minutes before serving. This allows the juices to redistribute, ensuring a moist and flavorful burger.
13. **Serving Suggestions and Pairings:** These Lamb Burgers with Tzatziki Sauce are delicious on their own, but they pair wonderfully with a simple Greek salad or a side of crispy oven fries. For another great finger food that's perfect for a crowd, you might want to try my recipe for [This Beer Cheese Dip is My Favorite Party Starter That Disappears in Minutes](#).
14. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
15. **Calories:** Approximately 500 per burger (without toppings)
16. **Protein:** 35g
17. **Fat:** 30g
18. **Carbohydrates:** 20g
19. This is a hearty, protein-rich meal that will leave you feeling full and satisfied.
20. **Storage and Leftover Tips:** Leftover cooked lamb patties can be stored in an airtight container in the refrigerator for up to 2 days. To reheat, you can warm them in a skillet over low heat or in the microwave, but they are best when made fresh. The tzatziki sauce will last in the fridge for up to 3 days.
21. **More Recipes You Will Love:** If you're a fan of simple, delicious meals, you'll love some of my other creations. For a different take on a burger, my recipe for [A Light Tangy Chicken Salad I Actually Crave](#) and [There's No Mayo in Sight](#) is always a huge hit. For a great weeknight dinner shortcut, my [This Dorito Casserole is My Favorite Weeknight Dinner Shortcut](#) is a lifesaver. And for a fun, interactive dinner, my [This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd](#) is always a huge hit.
22. **Final Thoughts:** These Lamb Burgers with Tzatziki Sauce are a recipe that is sure to become a new favorite in your home. They're flavorful, juicy, and a great way to add a little variety to your dinner routine.
23. I'd love to know what your favorite unique burger topping is! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lamb-burgers-with-tzatziki-a-flavorful-twist-on-a-classic/>