GREEK · DINNER · LUNCH

Biftekia (Greek Lamb Burgers Stuffed with Spicy Feta)

45 min · plus 30 min–12 h chilling · Serves 8 · 471 kcal a serve · Video 6:57 · Diane Kochilas

No nuts listed

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Lamb patties with a molten spicy-feta centre and plenty of fresh mint and oregano: high in protein, zinc and vitamin B12, with about 5 g of net carbs a burger.

Diet notes: Keto (5.3 g net carbs a serve); Gluten-free with a swap: Leave out the breadcrumbs (her written recipe has none) or use gluten-free crumbs.

Ingredients 14 · SERVES 8

- [ ] 1.1 kg **ground lamb**
- [ ] 4 large **garlic** cloves, finely chopped or pressed
- [ ] 15 g finely chopped **fresh mint** (or 4 tbsp dried)
- [ ] 4 tbsp finely chopped **fresh oregano leaves**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 3 tbsp **Greek olive oil** (extra virgin), for the meat
- [ ] 1 **egg**, lightly beaten (optional: in the video, not in her written recipe)
- [ ] 1 heaped tbsp **breadcrumbs** (optional: in the video, not in her written recipe)
- [ ] 1 tbsp **olive oil**, for brushing the grill or pan
- [ ] 225 g **Greek feta**, crumbled
- [ ] **Paprika**: 1 scant tbsp cayenne pepper or hot paprika
- [ ] **Lemon juice**: 1 tbsp plus 1 tsp lemon juice
- [ ] 4 **tomatoes** (ripe but firm), diced

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Knead the lamb with the garlic, mint, oregano, salt, pepper and olive oil (plus the egg and breadcrumbs, if using, as in the video) until evenly mixed. Cover and chill for at least 30 minutes (or up to 12 hours) so it firms up. 0:25
2. Mash the feta with the cayenne and lemon juice into a thick paste, then roll it into 8 small balls. 2:52
3. Dice the tomatoes, season lightly with salt and set aside. 3:46
4. Divide the meat into 8 portions and shape into compact patties. Press a deep dent into each, tuck in a feta ball and close the meat over it, reshaping the patty. 4:08
5. Cook on an oiled hot grill pan or grill about 5 minutes a side (or under the grill 5–7 minutes a side) until browned and cooked through. 4:52
6. Serve each burger topped with the salted tomatoes. 6:00

> **Tip** From her written recipe. In the video she uses 2 garlic cloves, adds an egg and a heaped tbsp of breadcrumbs, and cooks them 4–5 min a side. She serves them in pita; for keto, use lettuce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
471 kcal 1,970 kJ	32 g 65% of a day	7.1 g 5.3 g net · 3.1 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
1.7 g 6% of a day	35 g 14 g saturated 44% of a day	760 mg 33% of a day

Energy from net carbs 5% · protein 28% · fat 67% — fits keto: 5.3 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin B12 138% · Selenium 61% · Zinc 56% · Omega-3 35% · Vitamin B6 23% · Iron 20%

Source of (10–19%) Vitamin K 18% · Calcium 16% · Vitamin E 14% · Potassium 13% · Vitamin C 12% · Folate 12% · Magnesium 11% · Vitamin A 10%

Recipe and video: Diane Kochilas (@DianeKochilas) on YouTube — youtube.com/watch?v=Xpp13Xi3b28, published 25 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-lamb-biftekia-spicy-feta