

# Lamburgers WITH BANNOCK BUNS

Yields: ≈ 10 patties

*This recipe was created and tested in-house and it met ALL our expectations!*

**Some health facts about Lean Lamb:** Lamb is not only a rich source of high-quality protein, but it is also an outstanding source of many vitamins and minerals, including iron, zinc, and vitamin B12. Because of this, regular consumption of **lamb** may promote muscle growth, maintenance, and performance. In addition, it helps prevent anemia.

## **INGREDIENTS:**

- 2 lbs Lean GROUND LAMB
- 1 pkg Onion Soup Mix
- 2 Eggs
- ¼ cup Bread Crumbs (such as Panko)
- Dash of Worcestershire Sauce
- Dash of Montreal Steak Spice

## **DIRECTIONS:**

1. Mix all ingredients together.
2. Form into patties - roughly ¼ lb each
3. Grill on BBQ - approximately 12-15 mins over medium direct heat; flipping half way through
4. Served best with homemade **Bannock Buns** (see recipe below)
5. Garnish with condiments of your choice. We used a combination of these: leafy green lettuce, cheese slice (Smoked Gouda or Havarti), Smak Dab Canadian Maple Mustard, crispy onions & pickles.



## *Bannock Buns* Yields: 5 buns

### Ingredients:

2 cups Flour  
2 tsp Baking Powder  
½ tsp Salt  
1 tbs Olive Oil  
¾ cup Water  
Vegetable Oil for frying

### Directions:

1. Add all the dry ingredients together. Then add olive oil and whisk together with a fork.
2. Gradually add water and stir until dough almost holds together.
3. Move to a lightly floured surface and gently kneed until the dough comes together. Dough will be sticky.
4. Divide into five balls and flatten in the palm of your hand.
5. Fry in a pan of hot vegetable oil over medium heat until golden brown.
6. Place on dry paper towel to wick excess oil