

Lamb Rissoles with Mint Yoghurt and Beetroot Relish

Serves: 1
Prep time: 10 Minutes
Cooking time: 15 Minutes

Ingredients:

- 150g lamb mince
- ½ small brown onion, finely chopped
- 1 teaspoon minced garlic
- 1 small egg, lightly beaten
- 1 tablespoon oil
- 3 tablespoons of [My Beetroot Relish](#)

Mint Yoghurt

- ⅓ cup Greek yoghurt
- 2 teaspoons chopped mint
- pinch cumin

Method:

- In a medium size bowl, add lamb mince, onion, garlic and egg. Combine all ingredients by squeezing the mixture together with your hands. Divide the mixture into two even rissoles
- Heat the oil in a small fry pan and cook the rissoles on both side for 2-3 minutes, or until cooked to your liking
- Top each rissole with minted yoghurt and [beetroot relish](#)
- **Serve with salad of choice. Enjoy!**



*These rissoles are very moist and delicious when topped with mint yoghurt and [beetroot relish](#).
Enjoy!*