



# Tomato and feta cheese stuffed burgers

20'  
Hands on

12'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Method

- Heat 1 teaspoon of olive oil in a pan over medium to high heat.
- Sauté 1 onion, finely chopped until caramelized.
- When ready, add the 1 clove of garlic and stir.
- Saute for another 2 minutes and set aside.
- In a large bowl, combine 500 g ground beef, 500 g ground pork, 5 sprigs of fresh thyme, leaves only, 10 mint leaves finely chopped, 1 ouzo shot, 1 egg, 50 g breadcrumbs, salt and pepper.
- Mix with your hands. Add in the bowl, the onion-garlic mixture and stir. Shape into patties.
- Pick up 120 g of the ground meat mixture and mold into a circular patty that is 10 cm in diameter and place on a cutting board.
- Prepare all of the ground meat mixture in the same way. You should have 10 patties.
- Place 1 slice of tomato on half of the patties, some crumbled feta cheese and some oregano.
- Drizzle with some olive oil. Cover with remaining patties. Press on edges to seal to create stuffed burgers. First give them a nice golden brown color on the grill and cook both sides for 2 minutes.
- Transfer to a baking pan lined with parchment paper. Bake in an 180\* (degrees) C (370\* F) preheated oven for 8-10 minutes. Remove from oven.
- Serve stuffed burgers with mustard, ketchup, and sweet potato wedges.

## Tip

If you don't want to use a grill you can just bake the burgers in the oven. Preheat to 200\* C (390\* F) Fan. Bake for 20-25 minutes.

## Ingredients

For the burgers

- 1 onion, large
- 1 clove(s) of garlic
- 500 g ground beef
- 500 g ground pork
- 1 egg, medium
- 20 g ouzo
- 10 mint leaves
- 5 sprig(s) thyme, fresh, only the leaves
- 50 g dry breadcrumbs
- salt
- pepper

For the filling

- 200 g feta cheese
- 2 tomatoes
- 2 tablespoon(s) oregano, fresh, ground
- 1 tablespoon(s) olive oil

For the serving

- mustard
- [homemade ketchup](#)
- sweet potato, chips

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                       |                             |                           |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 368<br>Calories<br>(kcal) | 23.0<br>Total Fat (g) | 9.8<br>Saturated<br>Fat (g) | 7.9<br>Total Carbs<br>(g) |
| 18%                       | 33%                   | 49%                         | 3%                        |
| 3.4<br>Sugars (g)         | 30.0<br>Protein (g)   | 3.0<br>Fibre (g)            | 2.1<br>Sodium (g)         |
| 4%                        | 60%                   | 12%                         | 35%                       |