

YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



LAMB BURGERS WITH TOMATO ONION RELISH

TOMATO ONION RELISH

MAKES 1½ cups **PREP TIME** 10 min. **COOKING TIME** 10 - 15 min.

A NOTE FROM CHEF KATE

“This relish is great in place of tomato sauce on burgers and can also be served over cooked pasta. You can remove the tomato seeds or leave them in. The sauce should be tangy, so add enough honey, vinegar and Lemon culinary essential oil to taste.”

INGREDIENTS

- 1 tsp. Coconut oil
- 1 Large tomato, finely chopped
- 1 Small onion, finely chopped
- 1 tsp. Apple cider vinegar, to taste
- 1 tsp. Honey or maple syrup, to taste
- 1 tbsp. Mint or parsley, finely chopped
- ¼ tsp. Sea salt and freshly ground pepper, to taste
- 1-2 drops Young Living Lemon essential oil, to taste



METHOD

1. Heat the coconut oil in a medium saucepan over medium/high heat, add the rest of the ingredients and cook while stirring often for approx. 10–15 minutes. Look for the tomatoes to break down and release their juice, the onion to get tender and for the relish to reduce and thicken. Be careful not to burn; reduce heat if needed.
2. Cool and set aside for the burgers. You can also refrigerate for up to 7 days or freeze the leftovers for up to 1 month.

LAMB BURGERS

MAKES 4 burgers **PREP TIME** 10 - 15 min. **COOKING TIME** 15 min.

A NOTE FROM CHEF KATE

“These burgers are the most delicious and sure to please meal when you have a craving for lamb. You can remove the breadcrumbs if you prefer, but they lighten the mix. Try using ground almonds or sunflower seeds in place of the breadcrumbs, or add a couple of tablespoons of seeds to the recipe for a little crunch. Plus, add Thyme or Rosemary culinary essential oil for a wonderful depth of flavour!”

INGREDIENTS

- 450 g Lamb mince
- 3 tbsp. Pureed tomato sauce (passata)
- ¼ cup Breadcrumbs
- 1 Egg, beaten
- 1 Medium onion, finely chopped
- 2 tbsp. Mint or parsley, finely chopped
- ¼ tsp. Sea salt and freshly ground pepper, to taste
- 1 drop Young Living Thyme or Rosemary essential oil, to taste
- Coconut or olive oil, for cooking



METHOD

1. Make the Tomato Onion Relish and set aside before cooking the burgers.
2. In a medium bowl, mix all the ingredients together, then make 4 patties. Sprinkle with a little more salt and pepper.
3. Heat the coconut or olive oil in a large frying pan or prepare your grill. Fry or grill the patties until cooked through.
4. Serve the patties on buns or on lettuce leaves and top with a little Tomato Onion Relish and other toppings of your choice.

TIP: To double the recipe, freeze some patties before cooking to have on hand. Just thaw and then follow the method for cooking. You can also use this recipe with other minced meats, including beef, turkey and chicken.