

# ONE PAN CREAMY THAI-INSPIRED PEANUT CHICKEN COUSCOUS

Preparation: 10 minutes | Cooking: 20 minutes | Servings: 6

## INGREDIENTS

1 pound ground lamb or beef  
1 plum tomato, sliced  
1 cup cucumber, sliced  
1 cup nonfat plain Greek yogurt  
¼ cup crumbled feta cheese  
3 tablespoons chopped fresh oregano, divided  
2 teaspoons lemon juice  
¾ teaspoon salt, divided  
½ teaspoon ground pepper  
¼ teaspoon lemon zest  
1 small red onion



## INSTRUCTIONS

Preheat the grill to medium-high or the broiler to high. Mix yogurt, feta, 1 tablespoon of oregano, lemon zest, lemon juice and ¼ teaspoon of salt in a small bowl. Cut ¼-inch-thick slices of onion to make ¼ cup. Reserve any leftovers for another use. Mix the chopped onion and meat in a large bowl with the remaining 2 tablespoons of oregano and ½ teaspoon of both salt and pepper. Form into 4 oval patties, about 4 inches by 3 inches. Grill or broil the burgers, turning once, until an instant-read thermometer registers 160 degrees Fahrenheit, about 4 to 6 minutes per side. Serve in pita halves with the sauce, onion slices, cucumber and tomato.