



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Natural Yoghurt

Yoghurt is made with probiotic bacterial cultures and is good for digestive health. Greek-style yoghurt is thicker and contains more protein than other varieties.



C2 Beef Souvlaki Burgers with Tzatziki Sauce

A little Greek twist on the classic beef burger! Warm crusty wholemeal burger buns filled with roast oregano vegetables and a smokey beef patty finished with cucumber tzatziki.

 25 minutes

 2 servings

 Beef

19 August 2022

Change the sauce!

You can stir some relish, sliced herbs such as mint, or even some sweet chilli sauce through the yoghurt to add a different flavour.

FROM YOUR BOX

COURGETTES	2
TOMATO	1
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
SHALLOT	1
BEEF HAMBURGERS	2-pack
BURGER BUNS	2-pack
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, smoked paprika, 1/2 garlic clove

KEY UTENSILS

oven tray, frypan

NOTES

Raw garlic can be quite spicy. If you like a bit more heat you can add the remaining 1/2 garlic clove to the sauce.

Use the tzatziki sauce to taste. You can use any leftovers as a dip for tortilla strips, toasted pita bread or veggie sticks.

No gluten option – burger buns are replaced with gluten-free burger buns.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice courgettes and tomatoes. Arrange on a lined oven tray and toss with **1 tsp oregano, oil, salt and pepper.**



4. WARM THE BUNS

Cut the buns in half. Place in the oven for 5 minutes until toasty.



2. MAKE THE TZATZIKI SAUCE

Grate cucumber and use hands to squeeze out liquid. Combine with yoghurt, **1/2 crushed garlic clove, salt and pepper** (see notes). Set aside.



3. COOK THE BURGERS

Heat a frypan or griddle pan over medium-high heat with **oil**. Slice and add shallot. Coat burger patties with **1/2 tsp smoked paprika, oil, salt and pepper**. Add to pan and cook for 3-4 minutes each side until cooked through.



5. FINISH AND SERVE

Assemble burgers with rocket, beef patty, roast vegetables and tzatziki sauce (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

