



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.



C4 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

 4 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

ZUCCHINI	1
TOMATOES	2
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
SHALLOT	1
BEEF HAMBURGERS	4-pack
BURGER BUNS	4-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.

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



1. ROAST THE VEGETABLES

Set oven to 220°C.

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



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 tsp smoked paprika, oil, salt and pepper**. Add to pan and cook for 3-4 minutes each side until cooked through.



4. WARM THE BUNS

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



5. FINISH AND SERVE

Assemble burgers with rocket, beef patty, roast vegetables and tzatziki sauce.

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**

