



### Product Spotlight: Parsnip

Parsnip is a type of root vegetable that belongs to the carrot family. They are high in fibre, folate, and vitamins C and E.



## Open Lamb Burgers with Curried Root Veg Chips

Bun-less lamb burgers, flavoured with coriander and garlic, served with fresh vegetables, curry roasted root vegetables chips and a fresh yoghurt sauce.



30 minutes



4 servings



Lamb

3 February 2023

## Stretch it out!

*Grate a zucchini or extra carrot into the burger patty mix to make extra patties. Pick up a packet of wholemeal rolls and you can stretch this meal out to get a few more servings.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	33g	15g	32g

## FROM YOUR BOX

MEDIUM POTATOES	3
PARSNIPS	3
CORIANDER	1 packet
CARROT	1
LAMB MINCE	500g
LEBANESE CUCUMBERS	2
NATURAL YOGHURT	1 tub
ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, curry powder, 1 garlic clove, white wine vinegar

## KEY UTENSILS

frypan, oven tray

## NOTES

Some curry powders can be spicier than others, if you prefer a milder dish, use less curry powder.

If you prefer your rocket leaves dressed, add them to the bowl with the cucumber and toss to combine.



### 1. ROAST THE CHIPS

Set oven to 220°C.

Cut potatoes and parsnips into chips. Toss on a lined oven tray with **oil**, **2 tsp curry powder**, **salt and pepper**. Roast for 20–25 minutes until golden and crispy.



### 2. MAKE THE BURGERS

Finely slice coriander stems (reserve leaves for step 5), grate carrot and crush **garlic clove**. Add to a large bowl with lamb mince, **2 tsp ground coriander**, **salt and pepper**. Mix well and form into burgers.



### 3. COOK THE BURGERS

Heat a frypan over medium-high heat with **oil**. Add burgers and cook for 5 minutes each side or until browned and cooked to your liking.



### 4. PREPARE THE CUCUMBERS

Thinly slice the cucumbers. Add to a bowl with **2 tbsp vinegar** (see notes).



### 5. MIX THE YOGHURT

Slice coriander leaves. Add to a bowl with yoghurt. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide chips among plates. Make burger stacks with rocket leaves, cucumber, burger patty and yoghurt 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**

