




Product Spotlight: Parsnip

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



4 Lamb Burgers with Curried Chips

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

 35 minutes

 2 servings

 Lamb

29 October 2021

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: **PROTEIN** 32g **TOTAL FAT** 29g **CARBOHYDRATES** 50g

FROM YOUR BOX

MEDIUM POTATOES	2
PARSNIPS	2
CORIANDER	1 packet
CARROT	1
LAMB MINCE	250g
LEBANESE CUCUMBER	1
YOGHURT	1 tub (200g)
ROCKET LEAVES	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, oven tray

NOTES

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

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

No lamb option - lamb mince is replaced with chicken mince. You may want to add an egg or some grated cheese to the burgers to prevent the chicken mince from drying out.



1. ROAST THE CHIPS

Set oven to 220°C.

Cut potatoes and parsnips into chips. Toss on a lined oven tray with **oil, 1 1/2 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, see step 5), grate carrot and crush **garlic clove**. Add to a large bowl along with lamb mince, **1 tsp ground coriander, salt and pepper**. Mix well and form into 2 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 CUCUMBER

Thinly slice the cucumber. Add to a bowl along with **1 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.

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