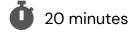






BBQ Lamb Burgers

Soft hamburger buns filled with a rainbow salad, dip and a cumin lamb burger patty. A tasty BBQ dinner or summer holiday lunch!







Spice it up!

If you don't have ground cumin you can use ground coriander, dried rosemary or crushed garlic to flavour the burger patties instead! You could even stir through some dukkah for a more exotic flavour.

FROM YOUR BOX

HAMBURGER BUNS	2-pack
SHALLOT	1
COURGETTES	2
LAMB MINCE	300g
CARROT	1
AVOCADO	1
BABY SPINACH	1 bag (60g)
DIP	1 tub
VEGGIE BURGERS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

2 frypans or griddle pan/BBQ

NOTES

No lamb option - lamb mince is replaced with chicken mince. Spoon the mixture into the pan to make 2 patties, rather than shape with hands as the mixture can be quite wet.

No gluten option - hamburger buns are replaced with GF burger buns.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE SHALLOT

Cut hamburger buns in half and warm in a dry frypan or BBQ until toasted (optional).

Slice shallot and add to frypan over medium-high heat with **oil**. Cook for 4-5 minutes until softened.



2. PREPARE THE BURGERS

Grate courgettes and combine with lamb mince, 1/2 tbsp cumin, salt and pepper.

VEG OPTION - Heat a griddle pan/BBQ over medium-high heat. Slice courgettes and coat with 1 tsp cumin, oil, salt and pepper.



3. COOK THE BURGERS

Heat a second frypan or BBQ over medium-high heat. Use oiled hands to shape into 2 even size patties, add to pan as you go. Cook for 4-6 minutes each size or until cooked through.

WEG OPTION - Cook courgettes and veggie burgers for 6-8 minutes, turning, until cooked through.



4. PREPARE THE FILLINGS

Grate or julienne carrot. Slice avocado. Set aside with spinach and dip.



5. FINISH AND SERVE

Assemble burgers at the table with burger buns, lamb burger, cooked shallot and fillings.

VEG OPTION - Assemble burgers with buns, veggie burgers, cooked vegetables and toppings at the table.



