



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Spinach

Baby spinach is regular spinach that has been harvested earlier. If you're not a fan of raw spinach you can blend the leaves into smoothies or sauces instead!



## 1 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!

 20 minutes

 2 servings

 Lamb

31 December 2021

### 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 **tblsp 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 side or until cooked through.

 **VEG 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.

**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](mailto:hello@dinnertwist.com.au)

