



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 2 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: **PROTEIN** 39g **TOTAL FAT** 20g **CARBOHYDRATES** 36g

FROM YOUR BOX

MEDIUM POTATOES	2
PARSNIPS	2
CORIANDER	1 packet
CARROT	1
LAMB MINCE	300g
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
ROCKET LEAVES	1 bag (60g)

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, **1 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 cucumber. Add to a bowl 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.

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**

