



## Lamb and Chickpea Patties

with Caper and Chilli Sauce



20-30min



2 Portions

Loaded with protein and fibre, chickpeas work double time in this healthy meal. First, mashed chickpeas are stirred into lamb patties for creamy flavour, then whole chickpeas are given a quick cook in the pan with zucchini, capsicum and onion. Just drizzle with caper and chilli sauce for delicious Mediterranean flavours.



## What we send

- chickpeas
- green capsicum, red chilli, zucchini, lemon
- garlic clove
- lamb mince
- capers
- red onion

## What you'll require

- extra virgin olive oil
- sea salt and pepper

## Utensils

- baking paper
- large frypan
- oven tray
- potato masher
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

If less heat is preferred, leave the chill out of the sauce and serve it separately at the table for those who like it.

## Allergens

May contain traces of allergenic ingredients.

## Nutrition per serving

Energy 560kcal, Fat 24.9g, Carbs 32.8g, Proteins 44.2g



### 1. Mash chickpeas

Preheat the oven to 150C. Line an oven tray with baking paper. Drain the **chickpeas**, then rinse well. Crush or finely chop the **garlic**. Put half the chickpeas in a bowl and crush with a potato masher until well mashed. Add the garlic, season with **salt and pepper** and stir well to combine.



### 2. Shape patties

Add the **lamb mince** to the **chickpea mixture**. Using damp hands, combine well, then shape into about 10 balls and flatten slightly into patties.



### 3. Prepare vegetables

Cut the **onion** into thin wedges. Cut the **zucchini** into 5mm-thick slices. Cut the **capsicum** into 1-2cm chunks, discarding the seeds and membrane. Finely chop the **chilli**, removing the seeds if less heat is desired. Juice **half the lemon** (reserve remainder for another use). Coarsely chop the **capers**.



### 4. Cook patties

Heat **1 tbs oil** in a large frypan over medium-high heat. Cook the **patties** for 4-5 mins each side until cooked through. Transfer to the lined oven tray and keep warm in the oven.



### 5. Cook vegetables

In the same pan, cook the **onion** and **capsicum** over medium-high heat for 4 mins. Add the **zucchini** and **remaining chickpeas** and toss for 2 mins or until warmed through. Season with **salt and pepper**, then remove from the pan.



### 6. Make sauce

Heat **1 tbs oil** in the pan over high heat. Cook the **capers** and **chilli**, stirring, for 1 min. Add the **lemon juice** and bring to a simmer, then remove from the heat. Divide the **vegetables** and **patties** among plates and drizzle with the **sauce** to serve.