



Lamb and Chickpea Patties

with Caper and Chilli Sauce



20-30min



4 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

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

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 your family prefers less heat, 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 545kcal, Fat 24.7g, Carbs 30.9g, Proteins 43.7g



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 mash 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 20 balls and flatten slightly into patties.



3. Prepare vegetables

Cut the **onion** into thin wedges. Cut the **zucchini** into 5mm-thick slices. Cut the **capsicums** into 1-2cm chunks, discarding the seeds and membrane. Finely chop the **chilli**, removing the seeds if less heat is desired. Juice the **lemon**. Coarsely chop the **capers**.



4. Cook patties

Heat **2 tbs oil** in a large frypan over medium-high heat. Cook the **patties**, in 2 batches if necessary, 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 hot. Season with **salt and pepper**, then remove from the pan.



6. Make sauce

Heat **2 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.