

## Lamb Patties

with Warm Beetroot Wedges and Tzatziki



30-40min



2 Portions

You don't have to sacrifice flavour for health. We've seasoned lamb patties with zaatar for a taste of the exotic, then drizzled them with a little balsamic vinegar combined with all the flavoursome pan juices. Paired with roasted, vitamin-rich beetroots, baby spinach leaves and a light coriander tzatziki, you'll feel equally nourished and sated.

## What we send

- beetroots
- grass-fed lamb mince
- zaatar <sup>11</sup>
- coriander
- Greek yoghurt <sup>7</sup>
- baby spinach leaves

## What you'll require

- balsamic vinegar <sup>17</sup>
- olive oil
- sea salt and pepper

## Utensils

- baking paper
- frypan
- oven tray

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

## Allergens

Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 510kcal, Fat 29.9g, Carbs 24.3g, Proteins 27.7g



### 1. Prepare beetroot

Preheat the oven to 200C. Line an oven tray with baking paper. Peel and trim the **beetroot**, then cut into 1.5cm wedges. Put on the lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat.



### 2. Roast beetroot

Roast, turning halfway through, for 30 mins or until tender.



### 3. Prepare lamb patties

Meanwhile, put the **lamb mince** and **1 tbs zaatar** in a bowl and season with **salt and pepper**. Using your hands, combine well, then shape into 4 patties.



### 4. Cook lamb patties

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **lamb patties** for 3-4 mins each side or until cooked through. Transfer to a plate.



### 5. Finish lamb patties

Remove the pan from the heat, immediately add **1 tbs balsamic vinegar** and swirl the pan to incorporate all the pan juices. Pour over the lamb patties and rest for 3 mins.



### 6. Get ready to serve

Meanwhile, very finely chop the **coriander leaves**, discarding the stems. Put the **yoghurt** and **half the coriander** in a small bowl, season with **salt and pepper** and stir to combine. Divide the **spinach leaves**, **beetroot wedges** and **lamb patties** among plates. Drizzle with the **coriander tzatziki** and scatter over the **remaining coriander** to serve.