

Lamb Patties

with Warm Beetroot Wedges and Tzatziki



30-40min



4 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

- beetroot
- grass-fed lamb mince
- baby spinach leaves
- zaatar ¹¹
- coriander
- Greek yoghurt ⁷

What you'll require

- balsamic vinegar ¹⁷
- 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 30.1g, Carbs 32.7g, Proteins 27.3g



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 **2 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 **2 tbs zaatar** in a bowl and season with **salt and pepper**. Using your hands, combine well, then shape into 8 patties.



4. Cook lamb patties

Heat **1 tbs olive oil** in a large 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 **2 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.