



Everything
But The Chef

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Za'atar Lamb Burgers with Salad

If you need some love like you've never needed love before, then look no further! Tonight is the night when two become bun. Bad Spice Girls puns aside, after you've had these delicious za'atar spiced lamb patties you may find it hard to return to the stock-standard burgers of the past. With so much flavour, there's no need for greasy chips either – we're keeping it light with smoky charred zucchini and fresh baby spinach.

Prep: 10 mins
Cook: 25 mins
Total: 35 mins

level 2

high protein

high fibre

outdoor dining

Pantry Items



Lamb Mince



Za'atar



Garlic



Mint



Yoghurt



Zucchini



Bake-At-Home
Buns



Baby Spinach



Tomato

2P	4P	Ingredients
250 g	500 g	lamb mince
2 tsp	1 tbs	za'atar
1 clove	2 cloves	garlic, peeled & crushed
½ bunch	1 bunch	mint, finely chopped
½ tub	1 tub	yoghurt
1	2	zucchini, cut into ribbons
2	4	bake-at-home buns
½ bag	1 bag	baby spinach, washed
1	2	tomato, sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2620	Kj
Protein	49.6	g
Fat, total	17.1	g
-saturated	5.7	g
Carbohydrate	57.5	g
-sugars	10.3	g
Sodium	768	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chef's knife, chopping board, garlic crusher, greased BBQ/chargrill pan, large bowl, small bowl, and two plates.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **lamb mince**, **za'atar**, **garlic** and half of the **mint**. Mix together using your hands. Season with **salt** and **pepper** and then shape the mixture into small burger patties (2 per person).

3 Combine the **yoghurt**, remaining mint and a good grind of salt and pepper. Set aside.

4 Heat a lightly greased BBQ or chargrill pan over a medium-high heat. Add the **zucchini** and cook for **2-3 minutes** on each side or until chargrilled and tender. Transfer to a plate. Add the lamb patties and cook for **4-5 minutes** on each side or until the patties are cooked through.

5 Meanwhile, place the **bake-at-home buns** in the oven and cook for **5-7 minutes** or until heated through. Halve.

6 To serve, layer the buns with the **baby spinach**, **tomato**, lamb patties, zucchini, and a dollop of the minted yoghurt. Serve any remaining baby spinach on the side.



Did you know? People across the globe have formed garlic societies which meet up regularly and eat multi-course meals based around garlic - including dessert!