



MINT & FETA LAMB BURGER

with Mint Yoghurt & Potato Chips



Make caramelised onion



Potato



Red Onion



Garlic



Mint



Lamb Mince



Fine Breadcrumbs



Feta



Burger Bun



Tomato



Greek Yoghurt



Cos Lettuce

Hands-on: 25 mins
Ready in: 30 mins

We've flipped the classic Greek combo of mint, feta and lamb into an easy and succulent dinner with this delicious burger! With a welcome addition of sweet caramelised onion and topped off with a soft brioche-style bun, this might just serve as fair competition to your everyday beef burger.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 BAKE THE CHIPS

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. Season with **salt** and **pepper** and drizzle with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2 CARAMELISE THE ONION

While the chips are baking, thinly slice the **red onion** (see ingredients list). In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



3 MAKE THE LAMB PATTIES

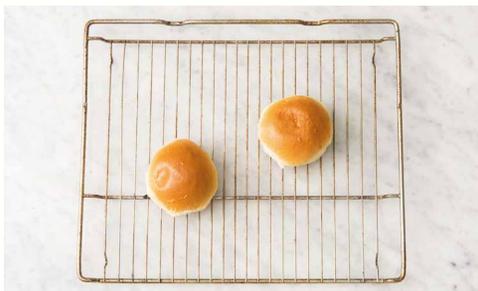
While the onion is cooking, finely chop the **garlic** (or use a garlic press). Pick and finely chop the **mint** leaves. In a medium bowl, combine the **lamb mince**, **garlic**, **fine bread crumbs**, **egg**, the **salt**, crumbled **feta** and **1/2 the mint**. Season with a **good pinch of pepper**. Shape the lamb mixture into patties slightly larger than your burger buns (you should get one patty per person).

TIP: Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.



4 COOK THE LAMB PATTIES

Wipe out the pan and return to a medium-high with a drizzle of olive oil. When the oil is hot, add the **lamb patties** and cook until just cooked through, **4-5 minutes** each side.



5 BAKE THE BURGER BUNS

While the lamb patties are cooking, place the **burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**. Thinly slice the **tomato** into rounds. In a small bowl, combine the **Greek yoghurt**, remaining **mint** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**.



6 SERVE UP

Cut the burger buns in half. Top the base of each bun with a mint and feta lamb patty, a slice of tomato, some caramelised onion, a few cos lettuce leaves and the mint yoghurt. Serve the potato chips on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
red onion	½	1
balsamic vinegar*	4 tsp	2½ tbs
water*	2 tsp	4 tsp
brown sugar*	1½ tsp	1 tbs
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
lamb mince	1 packet	1 packet
fine bread crumbs	1 packet	2 packets
egg*	1	2
salt*	¼ tsp	½ tsp
feta	1 block (25g)	1 block (50g)
burger bun	2	4
tomato	1	2
Greek yoghurt	1 packet (100g)	2 packets (200g)
cos lettuce	1 head	1 head

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3400KJ (813Cal)	454KJ (108Cal)
Protein (g)	50.6g	6.8g
Fat, total (g)	23.0g	3.1g
- saturated (g)	10.7g	1.4g
Carbohydrate (g)	92.0g	12.3g
- sugars (g)	17.7g	2.4g
Sodium (g)	1260mg	169mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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