



# Quick Minted Lamb Burger

with Beetroot Salad

**RAPID** 20 Minutes • 1 of your 5 a day

No. 26



Mint



Lamb Mince



Cooked Beetroot



Walnuts



Natural Yoghurt



Burger Bun



Balsamic Vinegar



Rocket

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Mint**	1 bunch	1 bunch	1 bunch
Lamb Mince**	200g	300g	400g
Cooked Beetroot**	1 pack	1½ packs	2 packs
Walnuts 2)	1 small bag	1 large bag	1 large bag
Natural Yoghurt 7)**	75g	100g	150g
Burger Bun 8) 11) 13)	2	3	4
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Rocket**	1 bag	1½ bags	2 bags

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	385g	100g
Energy (kJ/kcal)	2466 /590	641 /153
Fat (g)	26	7
Sat. Fat (g)	8	2
Carbohydrate (g)	58	15
Sugars (g)	18	5
Protein (g)	31	8
Salt (g)	1.01	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 8) Egg 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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♻️ You can recycle me!



Packed in the UK



## 1. Make the Burgers

- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Pop the **lamb mince** in a bowl with **half** the **mint**. Season with **salt** and **pepper**.
- Mix well to combine then shape into **burgers**, one per person. **TIP:** Make the burgers roughly the same diameter as the bun. **IMPORTANT:** Wash your hands after handling raw meat.



## 4. Make the Minty yog

- Pop the **yoghurt** in a small bowl and stir in the remaining **mint**. Season with **salt** and **pepper**.
- Halve the **burger buns**.



## 2. Cook the Burgers

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- When hot, lay in the **lamb burgers** and fry until browned and cooked through, 10-12 mins, turning occasionally. **TIP:** Adjust the heat if the burgers look like they are browning too fast. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



## 5. Salad Time

- Pop the **balsamic vinegar** in a bowl with a drizzle of **oil** and season with **salt** and **pepper**.
- Add the **rocket**, **walnuts** and **chopped beetroot**. Toss together just before serving.



## 3. Prep

- Meanwhile, drain the **beetroot** and cut two 1cm thick slices per person.
- Roughly chop the remainder into small chunks.
- Roughly chop the **walnuts**.



## 6. Serve

- Spread a little **minty yoghurt** on the top and base of each **bun**.
- Top with the **sliced beetroot**, **minty lamb burger** and the **bun lid**.
- Serve the **burgers** alongside the **rocket and beetroot salad**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.