



# INDIAN SPICED LAMB BURGER

with Bombay Style Roasties



## HELLO ECHALION SHALLOT

*An echalion shallot is a cross between a regular shallot and an onion. They have a milder taste than normal onions too!*



Potato



Turmeric



Nigella Seeds



Echalion Shallot



Lamb Mince



North Indian Style Curry Powder



Mint



Greek Yoghurt



Burger Bun



Rocket

Two of the nation's favourite cuisines - Indian and American - collide to bring you our Lamb Burgers. Served with turmeric spiced roasted potatoes, peppery rocket, and a minty yoghurt dressing, it's hard to go wrong with this quick and delicious recipe. To avoid a saucer-shaped patty, Chef Andre always suggests making a slight indentation with your thumb in the centre of your raw patty. This helps the meat cook evenly, maintaining its shape as it shrinks during cooking.

35 mins

Medium heat

MEAL BAG

4

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, two **Large Baking Trays** and a **Frying Pan**. Now, let's get cooking!



## 1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm thick chunks (no need to peel) and place in a mixing bowl. Sprinkle on the **turmeric**, **nigella seeds**, a glug of **oil** and a large pinch of **salt** and toss to combine. Transfer to a large baking tray and roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



## 2 MAKE THE BURGERS

Meanwhile, halve, peel and chop the **shallot** into small pieces. Pop the **lamb mince** in another mixing bowl with the **North Indian style curry powder**, a pinch of **salt** and the **shallot**. Mix well and use wet hands to shape the **mixture** into one patty per person, 2cm thick. Keep to one side. **IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



## 3 YOGHURT DIP TIME!

Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Mix with the **Greek yoghurt** and a good pinch of **salt** and **pepper** to taste.



## 4 COOK THE BURGERS

Heat a splash of **oil** in a frying pan over medium-high heat. Add the **burgers** and brown on both sides for 2 mins then lower the heat to medium. Fry the **burgers** until cooked through, turning every couple of minutes. This will take around 12-14 mins. **IMPORTANT:** *The burgers are cooked when they are no longer pink in the middle.*



## 5 ASSEMBLE

Cut the **burger buns** in half. When the **potato wedges** have a few mins left, pop the **buns** on another baking tray and place on the middle shelf of your oven to warm through. Smear a generous dollop of **mint yoghurt** on the bottom half of the **bun** and pop the **burger**, followed by a few **rocket leaves**, and then place the other half of the bun on top.



## 6 SERVE

When the **roasties** are ready, remove from the oven and serve alongside the **burger**, with any remaining **rocket** and a good dollop of **mint yoghurt** to dip the **roasties** in. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Turmeric	1 pot	1½ pots	2 pots
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Echalion Shallot *	1	1	2
Lamb Mince *	200g	300g	400g
North Indian Style Curry Powder	1 pot	1½ pots	2 pots
Mint *	½ bunch	1 bunch	1 bunch
Greek Yoghurt 7) *	1 pouch	1½ pouches	2 pouches
Burger Bun 8) 11) 13)	2	3	4
Rocket *	1 bag	1½ bags	2 bags

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 539G	PER 100G
Energy (kcal)	714	133
(kJ)	2985	554
Fat (g)	25	5
Sat. Fat (g)	10	2
Carbohydrate (g)	94	17
Sugars (g)	10	2
Protein (g)	34	6
Salt (g)	0.88	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

🧼 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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