



Serves	6
Prep (min)	15
Cook (min)	10-15

LAMB & CUMIN BEETROOT BURGERS

Beetroot gives these burgers their unusual twist – full of flavour, juicy and pink! A simple recipe and fun to make with your ‘little helpers’ (just make sure their hands are washed before they get stuck in!)

PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label when buying pre-packaged foods.

Ingredients

- 2 beetroots (raw)
- 500g lamb mince
- 1/2 medium onion, finely diced
- 2 garlic cloves, crushed
- 1 tsp (heaped) cumin seeds
- 1 tbsp vegetable oil
- Handful of fresh coriander, chopped
- Pinch of salt & pepper

Method

1. Start by washing and grating raw beetroot with the skin still on, into a large bowl. Using a pestle and mortar, ground cumin seeds down and add this, plus all the other ingredients to your bowl.
2. Mix everything together until well combined (with the absence of egg, I’ve found hands are great for this bit, to really get the mixture to stick together. Children will love getting their hands stuck in too).
3. Again using your hands, divide mixture into 6 equal patties, about 1cm thick. Remember the thicker the burger, the longer it’ll take to cook.
4. Preheat a large frying pan over a medium heat. Lightly brush your burgers with oil and cook for 5-8 minutes on each side, until cooked through (you can also use an oven grill or BBQ). Note: Beetroot turns the meat pink even when cooked. So it’s best to make sure the burgers are cooked for at least the minimum time stated above. Serve burgers with salad, potato wedges and a dip of your choice. Then enjoy.

Tip: Finely dicing your onion will help keep your burgers in one piece. Slice the remaining half of your onion and add this to the pan when cooking your burgers, for those who want extra topping!

IMPORTANT INFORMATION

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