



Open Lamb Burgers with Vegetables



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 40 TO 45
MINUTES



SERVES: 6 TO 8

Ingredients

Burger Patties

- 1 kg lamb mince
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 eggs, lightly beaten
- ½ cup finely chopped continental parsley
- Salt & pepper
- 1 medium potato, peeled and grated

Vegetables

- 1 medium eggplant, sliced 5mm thick
- 1 medium sweet potato, sliced 3mm thick
- ¼ cup olive oil
- Salt & pepper
- 1 red capsicum, cut into 2cm strips
- 1 yellow capsicum, cut into 2cm strips
- Toasted sour dough slices, for serving

Method

To make your open lamb burgers, combine the lamb mince with the next 6 ingredients. Season well with salt and pepper. Squeeze the excess moisture from the grated potato, add to the mince and mix well to combine. Shape into 8 patties then refrigerate until ready to cook.

Preheat oven on CircoRoast to 220°C. Line the universal pan with baking paper and place a wire rack on top. Line another tray with baking paper. Place the eggplant and the sweet potato in a bowl and toss well with olive oil. Season with salt and pepper.

Arrange the eggplant slices on the wire rack and the sweet potato slices on the separate tray. Place the eggplant slices on shelf position 4 and the sweet potato on shelf 2. Cook the eggplant for 8 to 10 minutes or until golden. Leaving the sweet potato in the oven, remove the eggplant and line the tray with a fresh piece of baking paper. Arrange the capsicum slices, skin side up on the wire rack and place on shelf position 4 for 10 to 12 minutes or until skins begin to blister and blacken. Remove the sweet potato and the capsicum from the oven and reduce the temperature to 200°C.

Place the capsicum into a bowl and cover to allow the capsicum to sweat before removing the skin.

Reline the tray with baking paper & place the lamb patties onto the wire rack. Cook on shelf position 4 for 20 to 22 minutes or until cooked.

To make the dressing, place all the ingredients into a blender or food processor and process until smooth & combined.

Arrange the sourdough & vegetables on a plate, top with the lamb and the dressing.

Rocket leaves for serving

Green Tahini & Yogurt Dressing

1 cup chopped continental parsley

½ cup chopped mint

1/3 cup tahini

1/3 cup natural yogurt

1 tbsp lemon juice

¼ cup olive oil

Notes
