



Curried Lamb Burgers with Grilled Vegetables and Mint Raita

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons kosher salt divided
- ☐ 2 teaspoons curry powder
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 6 spring onion trimmed
- ☐ 1.8 pounds lamb
- ☐ 1.3 teaspoons lime zest finely grated

- ☐ 4 tablespoons olive oil divided
- ☐ 1.3 cups onion chopped
- ☐ 1.5 teaspoons pepper black divided
- ☐ 6 6-inch wholewheat pita breads (Indian flatbreads; as long)
- ☐ 1 poblano pepper fresh seeded quartered
- ☐ 1 cup yogurt plain greek-style (preferably)
- ☐ 1 large tomatoes thinly sliced
- ☐ 12 ounces zucchini cut lengthwise into 1/4-inch-thick slices

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

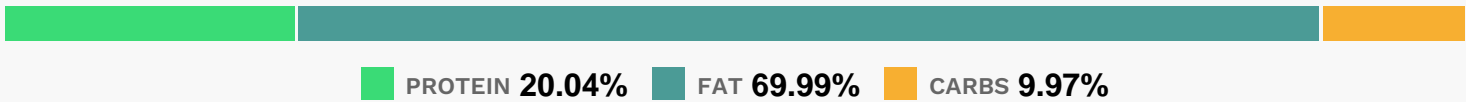
Directions

- ☐ Mix yogurt, mint, cilantro, and lime peel in small bowl. Season to taste with coarse salt and pepper. Cover; chill until cold, at least 30 minutes and up to 4 hours.
- ☐ Heat 2 tablespoons oil in large skillet over medium heat.
- ☐ Add onion, ginger, and 1/2 teaspoon coarse salt. Sauté until onion is tender, about 8 minutes.
- ☐ Mix in curry powder and stir 30 seconds.
- ☐ Remove from heat. Cool onion mixture to room temperature, at least 15 minutes.
- ☐ Place lamb in large bowl.
- ☐ Add onion mixture, 1 teaspoon coarse salt, cilantro, and 1 teaspoon cracked pepper. Blend mixture gently; shape into six 1/2-inch-thick patties.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Combine zucchini, green onions, and chile in another large bowl.
- ☐ Add 2 tablespoons oil, 1/2 teaspoon coarse salt, and 1/2 teaspoon cracked pepper; toss to coat.
- ☐ Place vegetables and burgers on grill. Cook until grill marks appear, about 4 minutes. Turn vegetables and burgers over. Cook vegetables until tender, about 3 minutes. Cook burgers to

desired doneness, about 4 minutes for medium-rare.

- ☐
- Cut zucchini and green onions crosswise into 2-inch-long pieces.
- ☐
- Cut chile into thin strips.
- ☐
- Place breads on plates; top with burgers and tomato slices. Mound vegetables on burgers; spoon dollop of raita over. Fold bread up around burgers and serve with remaining raita.
- ☐
- * Often called a pasilla; available at some supermarkets and at specialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:22.970434847085%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 524.65kcal (26.23%), Fat: 40.87g (62.88%), Saturated Fat: 14.94g (93.35%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 10.32g (3.75%), Sugar: 7.59g (8.43%), Cholesterol: 97.39mg (32.46%), Sodium: 901.73mg (39.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.66%), Vitamin B12: 3.31µg (55.09%), Vitamin C: 36.5mg (44.25%), Vitamin B3: 8.68mg (43.41%), Vitamin K: 43.85µg (41.76%), Selenium: 26.85µg (38.36%), Zinc: 5.35mg (35.67%), Phosphorus: 325.59mg (32.56%), Vitamin B2: 0.47mg (27.54%), Potassium: 777.96mg (22.23%), Vitamin B6: 0.42mg (20.95%), Manganese: 0.38mg (19.17%), Iron: 3.16mg (17.55%), Folate: 67.48µg (16.87%), Vitamin B1: 0.24mg (16.19%), Magnesium: 62.71mg (15.68%), Calcium: 146.38mg (14.64%), Vitamin E: 2.15mg (14.34%), Vitamin A: 691.84IU (13.84%), Vitamin B5: 1.36mg (13.6%), Copper: 0.25mg (12.62%), Fiber: 2.78g (11.12%)