



# PARVEEN'S INDIAN KITCHEN

## SPICY LAMB BURGERS WITH TAMARIND SLAW



### INGREDIENTS

#### FOR THE LAMB BURGERS

- 800g minced lamb
- 1 large red onion, finely chopped
- 2 garlic clove, finely grated
- 2 long green chillies, finely chopped
- 1-1½ tsp salt
- 4 tsp ground coriander
- 2 tsp ground cumin
- handful fresh coriander, chopped
- vegetable oil, drizzle of

#### FOR THE TAMARIND SLAW

- 300g white cabbage, finely shredded
- 1 small red onion, finely sliced
- 1 large carrot, peeled and julienned
- 100ml natural yogurt
- 80g mayonnaise
- ½ tsp turmeric
- 2 tbsp tamarind paste
- 1 tbsp nigella seeds
- salt and pepper to taste

#### TO SERVE

- 4 burger buns, warmed
- 8 little gem lettuce leaves, shredded
- 2 tomatoes, thickly sliced

makes 4 large burgers

### METHOD

1. Place all of the burger ingredients into a large bowl then mix thoroughly, leave to rest at room temperature for 10 minutes whilst you make the tamarind slaw.
2. For the slaw - mix together the onion, carrot and white cabbage in a bowl. In a separate bowl stir the yogurt, mayonnaise and spices together well, season to taste then add the yogurt mix to the cabbage mix until you reach the desired consistency, refrigerate the slaw and any leftover yogurt mix until ready to serve.
3. Divide the burger mix into 4-5 large patties then heat a drizzle of oil into a large non-stick frying pan. When the oil is hot add the burgers then cook for 3-4 minutes each side to form a seal then continue to cook through, you will notice all of the lovely juices oozing from the patties this will reduce as the burgers continue to cook.
4. To serve - slice the warm burger buns in half, top one half with the burger, followed by a tomato slice and shredded lettuce, add a dollop of yogurt mix as a sauce then close the bun and serve alongside the tamarind slaw, all that's left to do then is enjoy it!

Parveen  
x

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