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Yourself

BETTER FOR YOU



Moroccan Style Beetroot Burgers



Recipe courtesy of Edgell www.edgell.com.au

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Moroccan Style Beetroot Burgers

Spicy burgers with a yoghurt sauce, perfect for lunch or dinner



PREPARE
10 mins



COOK
8 mins



SERVES
4

INGREDIENTS

600g	Extra lean beef mince
1	Clove garlic, crushed
1 tsp	Cinnamon
1 tsp	Cumin
1 tsp	Finely grated lemon rind
4	Small wholemeal pita breads
425g	Edgell Sliced Beetroot , drained
4 cups	Mixed lettuce leaves

DRESSING

1/2 cup	Low fat natural yoghurt
1 tsp	Lemon juice
1 tsp	Chopped fresh herbs



INSTRUCTIONS

STEP 1

Combine beef, garlic, spices and lemon rind in a bowl. Shape 8-10cm burgers and flatten slightly. Refrigerate until firm.

STEP 2

Barbecue or grill burgers until browned and cooked through, about 8-10 minutes.

STEP 3

Serve in pita breads with **Edgell Sliced Beetroot**, lettuce leaves and combined yoghurt sauce.

TIP

Grated carrot can be added to the beef mince mixture in step 1.

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