



Aunt Nellie's[®]

PITA BURGER BOARD WITH BEETS

SERVES: MAKES 6 SERVINGS

PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES

BURGER INGREDIENTS

- 2 lbs ground beef or lamb (or a mixture of both)
- 1 1/2 tablespoon fresh rosemary, minced
- 1 tablespoon cumin
- 2 teaspoons sweet paprika
- 1 teaspoon pepper
- 2 teaspoon kosher salt
- Zest of 1 orange
- 1/3 cup chopped parsley
- 1 egg, beaten
- Ghee for cooking, alternatively use a neutral oil like canola, avocado, or grapeseed

SWEET DILL AND GOAT CHEESE SPREAD

- 1/3 cup fresh dill, finely chopped
- 1/2 cup goat cheese, softened
- 1/4 cup full fat Greek yogurt

- 3 tablespoons Aunt Nellie's pickled beet liquid
- 10-12 cloves roasted garlic, mashed with a fork (buy pre-roasted in the grocery store or deli)
- 2 teaspoon lemon zest
- 1 tablespoon lemon juice
- 3/4 teaspoon fresh ground pepper
- Salt to taste

ARRANGE YOUR BOARD

- 1/3 cup orange or tangerine marmalade or jam
- 1 jar Aunt Nellie's Pickled Beets, drained (reserve 3 tablespoons liquid for Sweet Dill & Goat Cheese Spread)
- 6 whole grain pita pockets
- 1 serving roasted cauliflower *
- 1 serving roasted carrots **
- 1 serving tabbouleh or other fresh salad
- 1/2 cup sun dried tomato hummus
- Parsley, ground sumac (optional)

*<https://reluctantentertainer.com/skinnytastes-turmeric-roasted-cauliflower/>

**<https://reluctantentertainer.com/roasted-carrots-easy-appetizer-recipe/>

NOTES:

- Roasted garlic cloves can be purchased from the Deli and cheese section in large grocery stores like Fred Meyer, Whole Foods, etc.
 - Ground sumac can be found in many grocery stores and can be ordered online! It is a beautiful reddish/ pink spice with a sour and delicious, tangy flavor.
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BURGER INSTRUCTIONS

1. Mix together the rosemary, cumin, sweet paprika, salt, and pepper in a small bowl.
2. Spread the beef or lamb onto a large shallow bowl or platter. Season with the spice blend, orange zest, and parsley. Mix until just combined. Combine into a mound and make a well in the center. Pour in the egg 1/3 at a time while mixing with your hands.
3. Divide your meat into six, even balls and shape into half-moons (or shape into the size of whatever bread/ bun you're using).
4. Heat a large skillet with 1 Tbsp of ghee over medium-high heat. Once hot, add three patties, and sear for 1-2 minutes. Reduce heat slightly and continue to cook for about 2 more minutes. Flip the burger and repeat, until patties have reached your desired doneness (3-4 minutes per side for medium rare, 5+ for well done). Place on a paper towel lined plate to absorb excess oils.
5. Arrange your patties in a shallow bowl, line your bread along the outside of the board, place down your bowls of marmalade, hummus, tabbouleh, pink goat cheese dill spread, and the pickled beet slices. Fill in the extra space with roasted cauliflower and carrots, and garnish with pomegranate seeds, sumac, and parsley.

SWEET DILL AND GOAT CHEESE SPREAD

1. In a small bowl, combine all the ingredients and mix until smooth. Serve on lamb burgers or use as a dip for pita bread and vegetables!

FIND IT ONLINE:

<https://auntnellies.com/pita-burger-board-with-pickled-beets/>

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