

Beef curry patties

serves 4-6

Prep time: 15 minutes

cooking time: 20 minutes



Ingredients for the patties

500 gr (1 pound) Ground beef
1 medium-sized onion finely chopped
3 cloves garlic finely chopped
1 teaspoon of grated ginger
1 red pack of curry paste
3 tbsp chopped coriander
200 gr (2 cups) instant oat
salt and pepper

Ingredients for the salad

2 large carrots, coarsely grated
2tbsp sesame seeds
1 lime
And some hummus to spread on the wrap

To make the patties

Mix all the ingredients and form small patties using your hands
Pour some oil in a non-sticking pan and place the patties in the oil. Fry both sides until cooked thoroughly and set aside.

To make the salad

In a bowl mix the carrots with sesame seeds and a squeeze of lime juice and season with salt and pepper.

To assemble

Spread the hummus on your flatbread and scatter the carrot salad over it. Place your patties on the salad and make a wrap

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