



Lamb Burger and Homemade Tzatziki

with Sweet Potato Chips and Greek Style Salad

Street Food 30-40 Minutes • 3 of your 5 a day

31



Sweet Potato



Garlic Clove



Panko Breadcrumbs



Chermoula Spice Mix



Lamb Mince



Cucumber



Greek Style Natural Yoghurt



Greek Style Salad Cheese



Cider Vinegar



Medium Tomato



Black Olives



Glazed Burger Bun

Pantry Items
Salt, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, sieve and bowl.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	15g	20g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Lamb Mince**	300g	400g	600g
Salt for the Burger*	¼ tsp	¼ tsp	½ tsp
Cucumber**	½	¾	1
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Greek Style Salad Cheese** 7)	50g	50g	100g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Medium Tomato	2	3	4
Black Olives	30g	30g	60g
Glazed Burger Bun 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	718g	100g
Energy (kJ/kcal)	3980 / 951	554 / 132
Fat (g)	41	6
Sat. Fat (g)	18	3
Carbohydrate (g)	97	14
Sugars (g)	25	4
Protein (g)	47	7
Salt (g)	3.22	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Cook the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.

2



Shape the Burgers

Meanwhile, peel and grate the **garlic** (or use a garlic press). Put the **garlic**, **breadcrumbs**, **chermoula spice mix** and **water for the breadcrumbs** (see ingredients for amount) into a large, then mix to combine. Add the **lamb mince**, season with **salt** (see ingredients for amount) and **pepper**, then mix together with your hands. Roll the **mince** into even-sized balls, then shape into 1cm thick **burgers** (1 per person). **IMPORTANT:** Wash your hands and equipment after handling raw mince.

3



Ready, Steady, Bake

Pop the **burgers** onto a lightly oiled baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.

4



Tzatziki Time

Meanwhile, trim and halve the **cucumber** lengthways (see ingredients for amount). Scoop out the seeds and discard, then coarsely grate half of it. Place the **grated cucumber** in a sieve and press with the back of a spoon to remove as much water as possible, then pop into a small bowl along with the **yoghurt**. Season with **salt** and **pepper**, then mix well.

5



Make the Salad

Chop the remaining **cucumber** into small pieces. Crumble the **Greek style salad cheese**. In another bowl, mix together the **vinegar** and **olive oil for the dressing** (see ingredients for amount), then season with **salt** and **pepper**. Chop the **tomatoes** into 2cm pieces and toss in the **dressing**. Just before serving, add the **chopped cucumber** and **olives** to the bowl with the **tomatoes** and mix together. Halve the **burger buns** and pop onto a baking tray and into the oven to warm through, 2-3 mins.

6



Finish and Serve

When everything is ready, spread the **tzatziki** onto the **base** of each **bun**. Lay the **burgers** on top, then close with the **bun lids**. Serve the **lamb burgers** on your plates with the **sweet potato chips** and **salad** alongside. Scatter the **Greek style salad cheese** over the **salad** to finish.

Enjoy!