

Lamb Burger and Homemade Tzatziki with Sweet Potato Chips and Greek Style Salad

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







Sweet Potato



Garlic Clove



Panko Breadcrumbs





Lamb Mince



Greek Style Salad Cheese

Chermoula Spice Mix

Cucumber



Greek Style Natural Yoghurt



Cider Vinegar





Black Olives



Medium Tomato

Glazed Burger

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*	1/4 tsp	1/4 tsp	½ tsp
Cucumber**	1/2	3/4	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

		D 100
	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.

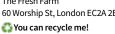
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Cook the Chips

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.



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.



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.



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.



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.



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.

Enjou!