

Lamb Burgers in Pitta with Tzatziki and Sweet Potato Wedges

hellóchef

Greek flavours with a twist!

Cals 1126 • Prot 67 • Carbs 131 • Fat 41

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🕒 cook: 30 min

R2262



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Burgers	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Coriander cumin powder	4	8	8	Grams
Paprika powder	2	4	4	Grams
Chilli flakes	2	2	2	Grams
Black pepper	0.5	0.5	1	Tsp
Salt	0.5	0.5	1	Tsp
Olive oil	2	3	4	Tbsp
Sweet potato fries				
Sweet potatoes	600	800	1200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	10	Tsp
Tzatziki				
Salt	0.5	0.5	1	Tsp
Fresh dill	15	15	15	Grams
Cucumber	1	2	2	Piece
Natural yogurt 4*	170	340	340	Grams
To serve				
Pitta bread 4*, 5*, 9*, 10*, 11*	2	3	4	Piece
Rocket	20	40	40	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4711 / 1126
Fat (g)	41.3
of which saturates (g)	16.9
Carbohydrate (g)	131
of which sugars (g)	25.3
Fiber (g)	15.7
Protein (g)	67.1
Salt (g)	1.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast sweet potatoes

Preheat the oven to 220°C/200°C fan. Chop **sweet potatoes** (skins on) **fries**. Place them on a lined baking tray, toss them in the **vegetable oil** and sprinkle them with **salt**. Roast for 25 min.



2 Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Chop the **fresh dill** and set aside.



3 Make patties

In a bowl, combine the **lamb mince**, **onion**, **garlic**, **coriander cumin powder**, **paprika**, **chilli flakes (spicy!)**, **black pepper** and **salt**. With clean hands, knead the mixture for 3 min until tender. Shape into **patties**. Refrigerate.



4 Make tzatziki

Grate the **cucumber** and squeeze out any excess liquid. In a bowl, combine the **cucumber**, **yogurt** and **fresh dill**. Season with a pinch of **salt**. Refrigerate.



5 Fry patties

Bring a pan to a medium-high heat with a drizzle of **oil**. Add the burger **patties** and reduce the heat to medium. Fry for 4 min on each side until browned and cooked through.



6 Serve

Meanwhile, warm the **pitta breads** in the oven for 2-3 min. Serve the **lamb burgers**, **pitta**, **rocket** and **tzatziki** together. Serve with the **sweet potato fries** to the side. Alternatively, stuff the warmed **pitta breads** with the **lamb burgers**, **rocket** and **tzatziki**. Serve with the **sweet potato fries** to the side.