

# Minted Lamb and Feta Burgers

## with Sweet Potato Fries, Salad and Tzatziki

**hellóchef**

These burgers are inspired by Greek 'bifteki'!

Cals 877 • Prot 61 • Carbs 66 • Fat 46

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🕒 cook: 35 min

R3066



Before you start

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

Ingredients

Lamb burgers	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Red onion	1	1	2	Piece
Fresh mint	10	10	10	Grams
Feta cheese 4*	100	150	200	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Sweet potato fries				
Sweet potatoes	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Smoked paprika powder	2	4	4	Grams
Black pepper	0.5	0.5	1	Tsp
Side salad				
Shallots	1	1	2	Piece
Balsamic vinegar 14*	15	22	30	ML
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Baby spinach	60	90	125	Grams
Tzatziki				
Garlic cloves	1	1	1	Piece
Cucumber	1	2	2	Piece
Natural yogurt 4*	170	340	340	Grams
Salt	0.5	0.5	1	Tsp

Allergens

\*4 Milk, \*14 Sulphur Dioxide

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)	3670 / 877
Fat (g)	45.8
of which saturates (g)	21.8
Carbohydrate (g)	66
of which sugars (g)	23.5
Fiber (g)	9.9
Protein (g)	61.2
Salt (g)	6

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



1 Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a generous drizzle of **oil**, pinch of **salt** and the **smoked paprika**. Toss and bake for 30 min or until golden and crisp.

**Tip!** If cooking for kids, keep a portion of the fries plain before baking.



2 Prep

Meanwhile, finely chop the **red onion**. Finely chop the **mint** leaves. Chop the **feta** into small cubes. Finely slice the **shallots**. Peel and mince {0.5/0.5/1} **garlic cloves**.

**Tip!** If cooking for kids, set aside a portion of feta and mint to use as sprinkles.



3 Make burgers

Combine the **lamb mince**, **onion** and **mint** in a large bowl and season generously with **salt** and **pepper**. Fold the **feta cheese** into the mixture, then shape into {4/6/8} **burger patties**. Refrigerate.

**Tip!** If cooking for kids, keep a portion of the burgers plain.



4 Make sides

In a large bowl, whisk together the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** - this is your **dressing**. Add the **spinach** and **shallots** to the **dressing**. Grate the **cucumber**, then squeeze out any excess water. Add the **grated cucumber** to a small bowl with the **yogurt**, **garlic** and a pinch of **salt**. Mix well and set aside.

**Tip!** If cooking for kids, set aside a portion of plain yogurt and sliced cucumber before grating it.



5 Fry burgers

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **burger patties** and fry for 5 min on each side or until browned and cooked through.



6 Serve

Toss the **spinach** and **shallots** in the **dressing**. Serve the **burgers** alongside the **sweet potato fries**, **salad** and **tzatziki**.

**Tip!** If cooking for kids, serve the sweet potato fries, feta, cucumber and cooked burger separately. Serve the plain yogurt and mint as 'sprinkles' to the side.