

Minted Lamb and Feta Burgers

with Sweet Potato Fries, Salad and Tzatziki



These burgers are inspired by Greek 'bifteki'!

Cooking Time: 35 min | Gluten-Free
Cals 733 | Prot 48 | Carbs 51 | Fat 42

Tips For Fussy Eaters

Leave the feta out of the burgers
and serve them in buns!

Pro Tip

These burgers can be made the
day before and kept in the fridge
until ready to cook!

Ingredients

For 2 For 3 For 4

Minted lamb and feta burgers

Lamb mince	350	525	700	Grams
Red onion	1	2	2	Pieces
Fresh mint	10	20	20	Grams
Feta cheese	100	150	200	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Sweet potato fries

Sweet potatoes	400	600	800	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Smoked paprika powder	2	4	4	Grams

Side salad

Shallots	1	1	2	Pieces
Baby spinach	60	90	125	Grams
Balsamic vinegar	15	22	30	ML
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Tzatziki

Garlic cloves	0.5	1	1	Pieces
Cucumber	0.5	1	1	Pieces
Greek yogurt	150	150	300	Grams
Salt	0.5	0.5	1	Tsp



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-8855-758



1 Make 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 **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt** and the **smoked paprika**. Roast in the oven for 30 min or until golden and crisp.



4 Make sides

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



2 Prep

Meanwhile, finely chop or grate the **onion**. Finely chop the **mint** leaves. Chop the **feta** into small cubes. Finely slice the **shallots**. Peel and mince the **garlic**.



5 Cook burgers

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



3 Make burgers

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



6 Serve

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