



WCOOK

Beef Greek Sliders

with sweet potato & pickled cucumber

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	525.7kJ	4941.8kJ
Energy	125.7kcal	1182.1kcal
Protein	5.2g	48.9g
Carbs	13.1g	123g
of which sugars	4g	38g
Fibre	1.3g	11.8g
Fat	5.4g	50.5g
of which saturated	1.8g	16.7g
Sodium	126.8mg	1192.5mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks
30ml	60ml	White Wine Vinegar
50g	100g	Cucumber <i>rinse & peel into ribbons</i>
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
1	1	Tomato <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & slice</i>
20g	40g	Danish-style Feta <i>drain & crumble</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
3	6	Beef Meatballs
3	6	Slider Buns <i>halve</i>
40ml	80ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter (optional)

Sugar/Sweetener/Honey (optional)

1. SWEET POTATO CHUNKS Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PICKLED VEG & SALSA In a bowl, combine the vinegar, 15ml of water, and 5ml of sweetener. Mix until the sweetener is fully dissolved. Add the cucumber, and ½ the dill. Toss until fully coated and set aside. In a separate bowl, combine the tomato, olives, feta, seasoning, and a drizzle of oil. Set aside.

3. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. INTO THE FRYING PAN Return the pan to medium-high heat with a drizzle of oil. Flatten the meatballs into mini patties. When hot, fry the patties until browned and cooked to your preference, 4-5 minutes per side. Remove from the pan and season.

5. BUTTERY BUNS Spread butter (optional) or oil over the cut-side of the halved buns. Return the pan, wiped down, to medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

6. GORGEOUS GREEK FOOD Plate up the slider buns and top with the burger patties, the caramelised onion, and the pickled cucumber. Smear the top bun halves with the tzatziki and then close them up. Side with the sweet potato wedges and the tomato and olive salsa (tossed with any remaining pickled veg). Sprinkle over the remaining dill. Delish work, Chef!

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