

UCOOK

Greek Lamb Burger

with potato chunks & Kalamata olives


A fluffy charcoal bun is loaded with a delicious lamb mince patty, a fresh tomato & olive "salsa", pickled cucumber & red onions, crumbled feta, and a lashing of creamy tzatziki to finish it off. Sided with golden roasted potato chunks and sprinkled with fresh dill, this dish will have you wishing every night was burger night!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Thea Richter

 Adventurous Foodie

 Paserene | The Shiner Red Blend

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Ingredients & Prep

1kg	Potato Chunks <i>cut into bite-sized pieces</i>
80ml	White Wine Vinegar
200g	Cucumber <i>peeled into ribbons</i>
20ml	Mustard Seeds
15g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
1	Red Onion <i>peeled & finely sliced</i>
600g	Free-range Lamb Mince
2	Tomatoes <i>diced</i>
160g	Pitted Kalamata Olives <i>drained & sliced into rounds</i>
4	Charcoal Burger Buns <i>cut in half</i>
125ml	Tzatziki
120g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. LET'S BEGIN Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. PICKLE PARTY In a bowl, combine the vinegar, 60ml of water, and 20ml of a sweetener. Mix until the sweetener is fully dissolved. Add the cucumber ribbons, the mustard seeds, ½ the chopped dill, and the onion slices. Toss until fully coated and set aside to pickle.

3. LAMB-SOLUTELY DELISH! In a bowl, combine the mince with some seasoning. Wet your hands slightly to stop the mixture from sticking, and shape into 4 patties of about 2cm thick. In a bowl, combine the diced tomato, the olive rounds, seasoning, and a drizzle of oil. Set aside.

4. FRY THE PATTIES When the potato pieces have 10 minutes remaining, place a pan over a high heat with a drizzle of oil. When hot, add the patties and fry until golden and cooked to your preference, 3-4 minutes per side. You may need to do this step in batches. Remove from the pan and rest for 2-3 minutes before serving.

5. BUN-BELIEVABLE! Return the pan to a medium-high heat. Butter the cut-side of the halved buns or drizzle with oil. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. Drain the pickling liquid from the cucumber.

6. LET'S FEAST LIKE THE GREEKS! Smear some tzatziki over the bottom bun half. Top with the patty, some of the diced tomato & olive salsa, and the pickled cucumber & onion. Crumble over some of the drained feta and close up with the other bun half. Side with the roasted potato wedges and the remaining tomato & olive salsa, pickled veg, and feta. Dollop over any remaining tzatziki. Sprinkle over the remaining chopped dill and get munching!



Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 25-30 minutes.

Nutritional Information

Per 100g

Energy	523kj
Energy	125kcal
Protein	7.4g
Carbs	12g
of which sugars	2g
Fibre	1.4g
Fat	5.4g
of which saturated	2.3g
Sodium	146mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days