



UCOOK

Greek Lamb Sliders

with sweet potato wedges & pickled vegetables

Opa, Chef! Your culinary talent, combined with this memorable recipe, will produce a Greek feast for dinner tonight. Pan-toasted slider buns are smeared with creamy tzatziki and loaded with homemade lamb mince patties, silky-sweet caramelised onion, dill-pickled cucumber & onion, and a Greek feta, tomato & olive salsa. Garnished with delicate dill.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Adventurous Foodie

Bertha Wines | Bertha Shiraz

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into wedges</i>
30ml	White Wine Vinegar
50g	Cucumber <i>rinse & peel into ribbons</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
1	Onion <i>peel, finely dice ¼ & finely slice ¾</i>
80g	Baby Tomatoes <i>rinse & halve</i>
30g	Pitted Kalamata Olives <i>drain & slice</i>
30g	Danish-style Feta <i>drain & crumble</i>
150g	Free-range Lamb Mince
10ml	NOMU Italian Rub
3	Slider Buns <i>halve</i>
40ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)
Butter (optional)

1. SWEET POTATO WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges 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 & SALAD In a bowl, combine the vinegar, 15ml of water, and 5ml of sweetener. Mix until the sweetener is fully dissolved. Add the cucumber ribbons, ½ the chopped dill, and ¼ of the sliced onions. Toss until fully coated and set aside. In a separate bowl, combine the halved tomatoes, the sliced olives, the crumbled 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 remaining sliced onion until caramelised, 8-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. PERFECT PATTIES In a bowl, combine the mince, the diced onion (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 3 mini patties, about 1cm thick. Set aside.

5. INTO THE FRYING PAN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked to your preference, 2-4 minutes per side. Remove from the pan and season.

6. 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.

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

Nutritional Information

Per 100g

Energy	573kJ
Energy	137kcal
Protein	6.6g
Carbs	14g
of which sugars	4.1g
Fibre	1.4g
Fat	6g
of which saturated	2.1g
Sodium	192mg

Allergens

Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat
Within
3 Days