



# 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:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Jade Summers

---

Adventurous Foodie

---

Bertha Wines | Bertha Shiraz

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

500g	Sweet Potato <i>rinse &amp; cut into wedges</i>
60ml	White Wine Vinegar
100g	Cucumber <i>rinse &amp; peel into ribbons</i>
5g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
1	Onion <i>peel, finely dice ¼ &amp; finely slice ¾</i>
160g	Baby Tomatoes <i>rinse &amp; halve</i>
60g	Pitted Kalamata Olives <i>drain &amp; slice</i>
60g	Danish-style Feta <i>drain &amp; crumble</i>
300g	Free-range Lamb Mince
20ml	NOMU Italian Rub
6	Slider Buns <i>halve</i>
80ml	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, 8-10 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 6 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