



UCOOK

KWV's Greek Lamb Burger

with potato wedges & kalamata olives

A fluffy burger 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 wedges and sprinkled with fresh dill, this dish will have you wishing every night was burger night!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: KWV Winery

Adventurous Foodie

KWV - The Mentors | KWV The Mentors Petit Verdot

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
20ml	White Wine Vinegar
50g	Cucumber <i>rinse & peel into ribbons</i>
5ml	Mustard Seeds
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
1	Onion <i>peel & finely slice ¼</i>
150g	Free-range Lamb Mince
1	Tomato <i>rinse & dice ½</i>
40g	Pitted Kalamata Olives <i>drain & slice</i>
1	Burger Bun <i>cut in half</i>
30ml	Tzatziki
30g	Danish-style Feta <i>drain</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 wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PICKLE PARTY In a bowl, combine the vinegar, 15ml of water, and 5ml 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.

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 a patty of about 2cm thick. In a bowl, combine the diced tomato, the sliced olives, seasoning, and a drizzle of oil. Set aside.

4. FRY THE PATTY When the potato wedges have 10 minutes remaining, place a pan over a high heat with a drizzle of oil. When hot, add the patty and fry until golden and cooked to your preference, 3-4 minutes per side. Remove from the pan and rest for 2-3 minutes before serving.

5. BUN-BELIEVABLE! Return the pan to medium-high heat. Butter the cut-side of the halved bun or drizzle with oil. When hot, toast the bun, 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 wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	500kj
Energy	120kcal
Protein	6.7g
Carbs	12g
of which sugars	2.2g
Fibre	1.4g
Fat	4.8g
of which saturated	2g
Sodium	132mg

Allergens

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

Eat
Within
3 Days