

Spiced Burgers And Sweet Potato Fries

Other recipes



DIETARY:
Atkins, Diabetic, Nut Free

MAKING THIS RECIPE

Ingredients

For the burgers:

500g of minced beef
1 egg
¼ onion, diced
1 tsp [black pepper](#)
1 tsp [smoked paprika](#)
1 tsp [ground cayenne chillies](#)
½ tsp salt
1 tsp [basil](#)
1 tsp [oregano](#)
4 burger buns
Extra virgin olive oil
4 cheese slices
Pickles
1 tomato, sliced
Slices of cucumber
Handful of lettuce

For the fries:

1 sweet potato
1 tsp [Wild Herb Cooking Salt](#)
1 tsp [smoked paprika](#)
½ tsp [cayenne pepper](#)
½ tsp [black pepper](#)
Extra virgin olive oil

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Method

Step 1:

In a large mixing bowl, combine the minced beef, oregano, basil, smoked paprika, ground cayenne, onion, black pepper, salt, and egg. Shape into one large ball and ensure everything is held tightly together. If you find the mixture too runny and not sticking, add a little flour.

Step 2:

Separate the large ball into 4 equally sized chunks and proceed to shape them into burger patties. Set aside for now.

Step 3:

Chop your sweet potato into the shape of long, skinny fries.

Step 4:

Transfer into a large mixing bowl. Add paprika, cayenne pepper, wild herb cooking salt and a dash of extra virgin olive oil. Mix until the fries are well coated.

Step 5:

Heat two separate frying pans on a medium heat. Add a generous helping of olive oil to both pans.

Step 6:

In one pan, fry the sweet potato fries until golden brown and crispy. Make sure you turn them regularly.

Step 7:

In the other pan, fry your 4 burger patties for about 12 minutes or until nicely browned and cooked through. Turn halfway. Toward the last 2 or 3 minutes, place your cheese slices on top so that they melt.

Step 8:

To serve, place your burger on the bottom half of a burger bun. On top, stack tomato, lettuce, cucumber, and pickles. Add any sauces or relish of your choice and then 'close' the burger with the top half of the bun.

Step 9:

Serve with sweet potato fries.



Baharat Vegetable Stir Fry
MIDDLE EASTERN

TAKE A LOOK



Chipotle Chicken Salad
MEXICAN

TAKE A LOOK



Bakso (Indonesian Meatball And Noodle Soup)
INDONESIAN

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