



# Sweet potato burgers

1 hour 20  
minutes

Hands on

6  
Portion(s)

1  
Difficulty



## Method

- Preheat oven to 180\* C (350\* F) Fan.
- Peel the potatoes, sweet potatoes and carrots.
- Line a baking pan with a kitchen towel and grate all of the vegetables in to the pan, over the towel.
- Slice an onion and add it to the pan also.
- Generously season with salt.
- Wrap the grated vegetables in the towel and squeeze over a bowl to release all of their excess liquid.
- Discard the liquid and transfer the vegetables to a dry bowl.
- Add the chervil, coriander, chili flakes, cumin and eggs. Mix until all of the ingredients are completely combined.
- Add the flour, which will give more body to your mixture. Mix and squeeze to incorporate.
- Add the crumbled feta cheese and stir.
- Shape the mixture in to 6 patties and place them in the baking pan.
- Place a pan over high heat. Add some olive oil and let it get hot.
- Add the patties in batches to the pan. Cook until brown on both sides. Repeat the same process with the remaining patties.
- Transfer back to the baking pan. Drizzle with a generous amount of olive oil and bake for 45 minutes.
- In a small baking pan, add the bacon slices and bake for 10-12 minutes.
- When ready, remove both pans from the oven.
- Cut the buns in half, lengthwise. Add a sweet potato burger over each bottom bun. Cover with a slice of cheese and bake for 3-4 minutes.
- Remove from oven and serve with some mayonnaise, bacon, sliced tomato and onion.

## Ingredients

- 400 g carrots
- 2 potatoes
- 1 onion, sliced
- 300 g sweet potatoes
- 3 eggs, lightly beaten
- 3 tablespoon(s) whole-wheat flour
- 300 g feta cheese, crumbled
- 1 tablespoon(s) chervil
- 2 tablespoon(s) cumin, ground
- 1 teaspoon(s) coriander, fresh
- salt
- olive oil
- 1 pinch chili flakes

To serve

- 8 slices bacon
- 1 onion, sliced
- 1 tomato, sliced
- 6 slices lettuce
- 6 [burger buns](#)
- 6 slices edam cheese
- 1 teaspoon(s) [homemade mayonnaise](#), for each bun

## Διατροφικός πίνακας

Nutrition information per portion

739 Calories (kcal)	36.2 Total Fat (g)	15.8 Saturated Fat (g)	64.0 Total Carbs (g)
37%	52%	79%	24%
13.8 Sugars (g)	35.0 Protein (g)	8.8 Fibre (g)	4.1 Sodium (g)
15%	70%	35%	68%