



LAMB AND LENTIL 'ROOSTER-KOEK' BURGERS

A Burger patty made with minced lamb, lentils and grated root vegetables served on a rooster-koe with sweet potato wedges and a spicy whipped feta dressing.

YIELD: 4 - 8 servings

PREP TIME: 20 minutes

COOKING TIME: 30 minutes



Lamb and lentil patties

500g Lamb mince
½ teaspoon Salt
¼ teaspoon Freshly ground pepper
1 tin Brown lentils, drained and rinsed
1 cup Carrot, peeled and grated
1 cup Beetroot, cooked and grated
1 cup Breadcrumbs, fresh
1 clove Garlic, minced
2 teaspoons Rosemary leaves, finely chopped
3 tablespoons Peppadews, finely chopped
2 tablespoons Worcestershire sauce
1 Egg
1 tablespoon Oil

Sweet potato wedges

800 g Yellow sweet potatoes, cut into 1.5cm thick wedges
1 teaspoon Rosemary leaves, finely chopped
1 tablespoon Olive oil
½ teaspoon Salt
¼ teaspoon Freshly ground pepper

Whipped feta dressing

100 g Feta cheese
3 tablespoons Cream cheese
2 tablespoons Mayonnaise
1 tablespoon Mint, finely chopped
1 tablespoon Lemon zest
1 teaspoon Lemon juice
1 teaspoon Honey
1 teaspoon Dijon mustard
¼ teaspoon Freshly ground pepper

Roosterkoek

800g Bread dough (bought at supermarket)

Garnish

1 cup Baby spinach leaves
2 Carrots, peeled, finely shredded and deep fried until crispy or marinated in vinegar to make a pickle
1 tablespoon Mint leaves, roughly chopped

Prepare the sweet potato wedges:

Preheat the oven to 200°C. Line an oven tray with baking paper. Toss the sweet potato wedges with the rosemary and oil on the prepared tray and season with salt and pepper. Roast for about 25 minutes, or until cooked through. Turn once during cooking.

Prepare the patties:

In a large bowl combine the mince, salt, pepper, lentils, carrot, beetroot, breadcrumbs, garlic, rosemary leaves, peppadews, Worcestershire sauce and egg. Mix using your hands. Shape about ½ cup of mixture into patties, about 2 cm thick. Set aside on a plate. Heat oil in a frying pan over medium heat. Cook patties in batches, about 6-7 minutes per side or until just cooked through. Patties can also be cooked on the barbeque. Remove patties and rest, covered with foil while preparing the roosterkoek.

Prepare the roosterkoek:

Divide the dough into balls about the size of a tennis ball. Roll the piece into a ball and with some flour on your hands flatten the dough out between your hands to 1 cm thickness. Once flattened make sure each doughy roosterkoek has some flour on its surface so that it doesn't stick on the grid of the grill. Cook over low heat on the grill making sure the middle is cooked.

Prepare the dressing:

While the patties rest and the roosterkoek is baking make the dressing. Place feta and cream cheese in a medium sized bowl and whisk until smooth. Add the mayonnaise, mint, lemon zest, lemon juice, honey and mustard and mix well, creating a soft and creamy dressing. Season with pepper.

Prepare the burgers:

Use the garnish and assemble the burgers by placing the patties on the roosterkoek, add the selected garnish and the whipped feta. Serve the sweet potato wedges on the side.