



WELSH LAMB
HARRISA BURGERS
WITH MINTY DIP
SERVE WITH SWEET POTATO WEDGES



INGREDIENTS

450g lean PGI Welsh
Lamb mince

4 sweet potatoes
cut into long
wedges

Oil

Pinch salt and
pepper

½ tsp dried mixed
herbs

1 red onion, grated

1 tbsp harissa

1 clove crushed
garlic

50g breadcrumbs

4 bread rolls

Shredded lettuce

For dip

½ small cucumber
cut into small cubes

150ml natural
yoghurt

1 clove crushed
garlic

Handful chopped
mint

Rind and juice small
lime

METHOD

- 1 Heat the oven to 200°C/Fan 180°C/
Gas 6. In a bowl toss the sweet potato
wedges with 1 tbsp oil, seasoning and
herbs making sure they are well covered.
Spread out on a baking tray in the oven
and cook for 20-25 minutes until soft.



- 2 While the potatoes cook, in a bowl mix
together the lamb, onion, garlic and
harissa.



- 3 Form into 4 burgers. Griddle
or grill for 5-6 minutes on each
side until cooked through.



- 4 Make the dip. Mix all the ingredients
together.



- 5 Now let's put the burger together. Put
some shredded lettuce in bun, place
the burger on top, spoonful minty
yoghurt dip and serve with the sweet
potatoes. Enjoy!



Top tips

- Use a food probe to check
that the burgers are
cooked in the middle!



30 mins



30 mins



Serves 4