

# GOOD RECIPES

A simple burger gets a nutritional makeover, courtesy of a grainy bun, lean meat and loads of vegetables! Believe it or not, burgers and chips can be a part of a healthy menu. The secret is in the choice of mince – extra-lean or five-star mince is essential. Add to that plenty of fresh salad ingredients and a wholegrain bun and you have the lot – taste and nutrition! Preparing your chips as shown greatly reduces the fat content. You could also try using a spray oil to lightly coat the chips on the tray to reduce the fat content even further.

**LUNCH** **MIDDLE EASTERN LAMB BURGERS WITH KUMARA CHIPS** **Serves 4**

## INGREDIENTS (BURGERS)

- 400g extra-lean lamb mince
- 1 small onion, finely chopped
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin pinch allspice
- 2 tablespoons chopped fresh coriander
- 1 eggwhite
- 2 teaspoons olive oil
- 4 wholegrain buns
- 1 bunch watercress, tough stems removed
- 1 large tomato, cut into 4 thick slices
- 1 medium carrot, grated

## INGREDIENTS (KUMARA CHIPS)

- 500g kumara, peeled and cut into 2 cm thick wedges
- 2 teaspoons olive oil
- 2 teaspoons ground cumin

## PREPARATION (BURGERS)

- Combine the lamb, onion, coriander, cumin, allspice, fresh coriander and eggwhite in a bowl and mix well. Season with freshly ground black pepper.
- Divide into 4 pieces and shape into flattened balls. Refrigerate 30 minutes.
- Brush the burgers with oil. Heat a non-stick frying pan over moderate heat. Add the burgers and cook 5 minutes each side, turning once or until cooked through.
- Arrange half the watercress on the buns, add burgers. Top with tomato and carrot, then remaining watercress. Serve with kumara chips.

## PREPARATION (KUMARA CHIPS)

- Preheat oven to 200°C (180°C fan-forced).
- Bring a pot of water to the boil, add the kumara wedges and cook 2 minutes.
- Drain and cool a few minutes. Dry well on paper towels, then toss in a bowl with the oil, cumin and black pepper.
- Line a roasting dish with baking paper; arrange the chips in one layer in the dish. Bake until chips are golden and crunchy, which takes about 50 minutes. warm.



**PREPARATION TIME: 20 minutes**

**COOKING TIME: 50 minutes**