



LEIGHTON PARK

FOUNDED 1890

Lamb Burger with Homemade Chips and Healthy Yoghurt Coleslaw

Ingredients (serves 1)

- 125g of Lamb Mince
- 1 tsp of Mint
- 1 tsp of Smoked Paprika
- 1 Large Potato
- 1 Carrot
- ¼ Cabbage or Red Cabbage
- ¼ Cucumber
- 4 Radishes
- 2 TbSp of Greek Yoghurt
- 1 Lemon

Method

1. Preheat the oven to 200°C, then put a few glugs of oil into a pan and place the pan in the oven to heat the oil.
2. Next cut the potato into fry size shapes, then parboil the potato for 3 minutes. Once 3 minutes are up, drain and dry the potatoes. Once the oven is at temperature and the chips are dry, take the tray of hot oil out of the oven and put the chips onto it, then put back in the oven to cook for 30 minutes.
3. Making the burger: In a bowl mix together the lamb mince, smoked paprika, finely chopped mint leaves and seasoning. Once combined, with damp hands shape your burger into your desired shape, cover and leave in the fridge, while you do the slaw.
4. To make the slaw: Finely slice the cabbage and place in a bowl. Then peel the carrot skin and then peel the carrot into the bowl. Peel the cucumber

then cut using the julienne method shown on the video. I have also added radishes to my slaw as they add a nice peppery touch, but feel free to add any veg that you like at this stage.

5. To make the dressing: Put 2-3 heaped tablespoons of Greek yoghurt in a bowl, then add the juice of 1 lemon and stir it through the yoghurt. Once the lemon is fully incorporated pour the dressing over the salad and mix it all in with your hands.
6. Cook the burger: Rub some oil on your hands then toss the burger between your hands so it is covered in oil. Then place the burger in a warm non-stick frying pan over a medium high heat. Cook for 5-6 minutes on each side.
7. Toast the burger bun either in a toaster or under the grill.
8. Take chips out of the oven when time is up.
9. Assemble: Add whatever sauce you like to the base of the bun, then place any burger accompaniments onto the sauce (lettuce, tomato, etc.) Next put the burger on, followed by the top of the bun.
10. Then place some slaw and chips alongside the burger and serve up to your friends and family!!!