



Beef & Sweet Potato Burgers

INGREDIENTS:

- 350g sweet potato, peeled, cut into 2cm pieces
- 2 garlic cloves, crushed
- 1 large onion, finely diced
- 400g lean beef mince
- 1 can kidney beans, drained and roughly mashed
- 2 tbsp chopped flat-leaf parsley
- 1 zucchini, grated and excess water squeezed out
- Salt and pepper
- 2 eggs lightly beaten
- 3 tbsp olive oil



METHOD:

1. Steam or boil sweet potato until tender. Mash
2. Combine with garlic, beef mince, beans, onion, parsley, zucchini, salt, pepper and eggs
3. Using hands, form into 2 tbsp sized patties
4. Heat large non-stick frying pan (or use BBQ)
5. Add oil and heat
6. Cook patties, squashing down over medium heat for 4-5 minutes on each sides or until cooked.