

# *Rachel's Kitchen*

## *Recipe of the Month*

Moroccan lamb, mint and apricot burgers with sweet potato chips

### **Ingredients:**

**1 pack of lean lamb mince**

**A packet of dried apricots, finely chopped**

**1 large red onion**

**1 bunch mint, finely chopped**

**100g breadcrumbs**

**1 egg**

**3 sweet potatoes**

**Olive oil**

**Ground paprika**

**Ground cinnamon**

**Ground cumin**

### **Method:**

**Finely dice the red onion and fry gently in a splash of olive oil until soft. Add half a teaspoon each of ground cinnamon, cumin and paprika and fry for one further minute to release the flavour of the spices. In a large bowl use your hands to combine the spiced onions, lamb, breadcrumbs, mint, apricots and egg. Preheat the oven to 180°C. Peel the sweet potatoes and chop into slim wedges, toss in a little olive oil and arrange in one layer on a baking tray. Shape the mince mixture into patties and brush lightly on both sides with olive oil. Space them out onto a baking tray. Bake the potato wedges and burgers for 25- 30 minutes. Serve with a crisp green salad or your choice of vegetables.**

- 2 of your 5 a day! Sweet potatoes contain more nutrients than white potatoes and are full of beta carotene! Cinnamon regulates blood sugar and supports sustained energy! -**

