

# Sweet Potato Burgers

**Season:** Autumn/Winter

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** basil, garlic, mint, onion, sweet potato

## Equipment:

metric measuring scales,  
cups and spoons  
clean tea towel  
chopping board  
cook's knife  
vegetable peeler  
fine grater  
colander  
2 large bowls  
wooden spoon  
2 baking trays  
frying pans – 1 medium,  
2 large  
large plate  
fork  
2 egg flips  
kitchen paper

## Ingredients:

1 kg sweet potato, diced into 2 cm cubes  
4 tbsp olive oil  
2 onions, peeled and finely chopped  
4 garlic cloves, peeled and finely chopped  
2 × 400 g tins lentils, drained and rinsed  
1 cup pepitas and/or sunflower seeds, toasted  
250 g ricotta  
2 cups breadcrumbs  
2 large handfuls of basil or mint, chopped  
½ cup parmesan, finely grated  
¼ tsp salt  
¼ tsp pepper  
1½ cups instant polenta

## What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Lightly toss the sweet potato with 1 tbsp olive oil in a large bowl.
4. Spread the sweet potato on a baking tray and roast until tender (15–20 minutes).
5. Heat 1 tbsp olive oil in the medium frying pan and cook the onions, then add the garlic and fry until golden.
6. Mash the sweet potato in a large bowl with a fork.
7. Add lentils, onions, garlic, seeds, ricotta, breadcrumbs, basil, parmesan, salt and pepper to the mashed sweet potato and mix to combine.
8. Scatter polenta over the large plate.
9. Shape the mixture into 30 equal burger patties about 1.5 cm thick.
10. Toss the patties in polenta to coat them.

11. Heat two large frying pans over a medium heat with 1 tbsp of olive oil in each.
12. Fry the patties until golden, then drain them on a baking tray lined with kitchen paper.
13. Serve with a bread roll (use the **Basic Bread** recipe) and **Yoghurt & Sesame Sauce**.

