



Vegetable patty + chicken fillet Burger and two-way sweet potato

1) Vegetable patty

- 100g cooked Quinoa – cook according to instructions and add ½ stock cube to the water. Once cooked, squeeze out excess liquid with cloth so it is dry.
- 50g cooked Corn + 50g cooked Peas

- Mix the ingredients and blend until rough texture
- Add eggs – until you have a thick consistency
- Make into round patty shapes – Bake or cook on pan

2) Sweet potato

- Prick 2 medium sized sweet potatoes with a fork and microwave 8-10 mins on high
- Turn it around half way through
- Let it cool

2a) Sweet potato mash

- Cut one sweet potato in half
- Scrap out the inside into a bowl – preserve the skin (It is good for you!!)
- Add seasoning e.g. pepper, cumin
- Put the filling back into the skin and serve with skin

2b) Sweet potato fries

- Preheat the oven – 250oC
- Cut the potato into chips into preferred size
- Coat with paprika and other spices and spray with olive oil
- Grill in the oven on high until edges are crispy, toss around after 5-10 mins



3) Chicken

- Take a chicken breast and fillet it so you have two slices. Coat each side with pepper (and/or salt) and mixed dried herbs
- Bake for 15 mins on 230oC, ensure it is cooked when clear juices flow
- Let it rest for 5 mins

4) Burger Bread

- Select range of buns preferable whole wheat or seeded and slice in half horizontally and toast the outside on pan

Serve all components on the plate – add lettuce and salsa sauce in the burger

Additional points

- You can add whatever vegetables you prefer to the patty– e.g. mushrooms, olives (for strong flavour), sun dried tomatoes

- Consider cooking the sweet potatoes separately so that the sweet potato mash doesn't get cold before serving
- Cook the chicken and the sweet potato fries at the same time
- This recipe makes 2 portions (+ 2 extra vegetable patties)