



# Sweet Potato Burgers

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

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

## Equipment:

tea towel  
measuring scales  
chopping board  
cook's knife  
vegetable peeler  
large bowl  
2 baking trays  
medium frying pan  
measuring cups  
measuring spoons  
masher  
2 egg flips  
2 large frying pans  
wooden spoon  
kitchen paper

## Ingredients:

1 kg sweet potato, diced into 1–2 cm cubes  
(to provide 750 g chopped sweet potato)  
2 tbsp olive oil  
1½ cups instant polenta  
2 × 400 g tins lentils, drained and rinsed  
2 onions, finely diced  
1 cup pepitas and/or sunflower seeds,  
dry-roasted  
250 g ricotta  
2 cups bread crumbs  
2 large handfuls basil, chopped  
4 garlic cloves  
salt  
pepper  
½ cup parmesan, finely grated



## What to do:

1. Preheat the oven to 180°C.
2. Lightly toss the sweet potato in olive oil and roast at 180°C until tender (about 20 minutes).
3. Heat the medium frying pan, add 1 tbsp olive oil and cook the onions, then add the garlic and fry until soft.
4. Once the sweet potato is cooked, mash it in large bowl with a fork.
5. Add lentils, onions, garlic, seeds, ricotta, breadcrumbs, basil, parmesan, salt and pepper to the mashed sweet potato.
6. Mix to combine.
7. Scatter polenta over a large plate.
8. Shape the patties using ¼ cup of combined mixture each.
9. Roll the patties in polenta to coat them.
10. Heat two large frying pans over a medium heat with 1 tbsp of olive oil in each.
11. Shallow-fry the patties until golden, then drain on baking tray lined with kitchen paper.