



Thai Pork Burgers With Sweet Potato Wedges



Indulge in the vibrant Thai Pork Burgers with Golden Sweet Potato Wedges—succulent pork patties infused with curry paste and spring onions deliver a tantalizing blend of spices. Paired with crisp sweet potato wedges and a refreshing cucumber-yogurt sauce featuring coriander and garlic, this dish offers a flavorful and satisfying taste and nutrition with every bite.

Nutritional Info

Calories: 658 kcal
Carbohydrates: 69 g
Protein: 37 g
Fat: 28 g

Ingredients

- Pork Mince
- Curry paste
- Greek yoghurt
- Spring onions
- Coriander
- Burger buns
- Sweet potatoes
- Cucumber
- Garlic clove

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

[Milk \(Brioche Bun, Yogurt\)](#)
[Wheat \(Brioche Bun\)](#)
[Crustacean \(Shrimp in Curry Paste\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 180C

2) Prepare the sweet potato wedges

Peel the sweet potatoes and cut into slim wedges. Toss in olive oil, salt, and pepper and then transfer them to a tray, making sure they aren't overlapping. Place in the oven for 30 minutes, checking now and then and tossing them. While the wedges are cooking.

3) Prepare the remaining vegetables

Coarsely grate the cucumber and place in a bowl - sprinkle over a pinch of salt and stir then set aside. Finely chop the spring onions, setting half aside for the burgers and half for the sauce. Finely chop the coriander. Crush the garlic.

4) Make the burger mix

Put the pork mince in a mixing bowl. Add the curry paste and the spring onions you set aside for the burgers. Using your hands (trust us, it will blend much better), mix everything together until the curry paste is well combined with the meat. Make into burger patties then set aside.

5) Make the yoghurt sauce

Get the cucumbers and drain off all the liquid they have released. Give them a good squeeze in your hand to get rid of any more water. Put them back in the bowl with the yoghurt, garlic, and coriander. Mix well, then season with salt and pepper to taste. Set aside.

6) Cook the burgers

Choose which method you would like to cook your burgers:

- To air fry, place at 180C for about 7-10 minutes, turning half way through.
- To grill, place for 3-5 minutes then flip and cook for another 3-5 minutes.
- If frying, place a frying pan on a high heat with a drizzle of oil. Add the burgers and cook for 7-10 minutes, flipping every 2-3 minutes to keep in the moisture.

Check the burgers are cooked through before serving. While the burgers are cooking.

7) Toast the buns

Toast the burger buns in the toaster or under the grill and remove the sweet potato wedges from the oven.

8) Assemble and serve

Spread some of the cucumber-yoghurt sauce on each side of the bun, then lay your burger over and close. Serve the sweet potato wedges alongside and enjoy with some of the remaining cucumber yoghurt sauce.