



# Jammin' JeRk



## JAMMIN' JERK BURGER WITH PINEAPPLE RELISH AND SWEET POTATO WEDGES

Serves 4

### Ingredients

4 very sweet potatoes  
1 tbsp olive oil  
1 red onion, ½ grated and ½ finely chopped  
1 carrot, grated  
400g beef mince  
2 tsp of Jammin' JeRk Mild Marinade  
200g fresh pineapple, finely chopped  
1 red chilli, deseeded and finely chopped  
1 small handful coriander, roughly chopped  
juice 1 lime  
lettuce and burger buns, to serve

### Instructions

Heat oven to 190C.

Scrub the sweet potatoes and cut into wedges. Lay the wedges in a single layer on a baking tray, drizzle with oil, season and toss to coat. Bake for 40 mins until crisp.

Mix together the grated onion, carrot, mince and Jammin' JeRk marinade in a large bowl, then shape into 4 evenly sized patties.

Heat a non-stick frying pan till hot, then cook the burgers for 5-6 mins each side.

To make the relish, mix the chopped onion, pineapple, chilli, coriander and lime juice.

To serve, place the burgers in split buns with some lettuce and the spicy relish.

Serve with the crispy sweet potato wedges.