Levi Roots' Roasted sweet potato & feta burgers

Preparation time:

20 minutes

Cooking time:

10 minutes

**Total time:**

**30 minutes**

Makes:

 6 burgers

Ingredients

120g fine oatmeal (optional)
2 sweet potatoes, white fleshed variety if possible, peeled and cut into 6cm cubes
6 spring onions, finely chopped
1 chilli, with seeds, finely chopped
2 garlic cloves, finely chopped
3cm piece of fresh root ginger, peeled and very finely chopped
4 tbsp finely chopped coriander
2 tsp finely ground coriander seeds
1 tbsp soy sauce
1 tsp salt
1 large organic egg
200g feta, crumbled

Method

1. If you’re using oatmeal, lightly toast it in a dry frying pan, stirring often, until lightly brown, for about 5 minutes.

2. Put the sweet potatoes into a pan of water, bring to the boil, then turn down the heat and simmer until tender, about 6 minutes.

3. Meanwhile, put all the remaining ingredients except the egg, feta and oats, into a mixing bowl and combine well.

4. Drain the sweet potatoes, mash them with a fork and add them to the mixing bowl along with the egg, then carefully stir in the feta. Form the mixture into 6 patties and press them into the toasted oatmeal (if using). Wrap each patty in a single sheet of foil. These can rest in the fridge for up to 5 hours.

5. Cook the foil-wrapped burgers on the barbecue for 10 minutes, turning over once. Put a parcel on each plate, open them up and serve.

This recipe is taken from ***Grill It With Levi*** by Levi Roots (Ebury Press, £18.99)
Photos **©**Martin Poole

**Chef's tip:**

In Jamaica, we call barbecued food 'roasted' when it's cooked in foil. These burgers are good served in the foil to give them a nice rustic look. I like oatmeal in my burgers to give them more substance and energy, but they're delicious without.

