



The Loaded Greek

Crispy savory sweet potato fries topped with marinated grass-fed ground lamb (marinade: onion, garlic, coriander, cumin, cinnamon, oregano, mint & parsley) topped with pickled red onion slices, chopped tomato, feta cheese, and Tzatziki sauce. Finish with fresh minced mint and parsley. Serve with lemon wedges.

DIRECTIONS

Prepare Sweet Things® Sweet Potato Trim Fries according to instructions, keep hot.

Heat the olive oil in a large skillet over medium-high heat.

Add the onions and saute until soft. 5-10 minutes.

Add the onions and saute until soft. 5-10 minutes.

Add the garlic, lamb, red pepper flakes and salt and cook until the lamb is browned through. About 10 minutes.

Add coriander, cumin, cinnamon and oregano and stir well.

Remove from heat and stir in 1/4 cup fresh parsley and 1/4 cup fresh mint and set aside.

Assembly

Arrange the sweet potato fries on a platter

Top with lamb, feta, tomatoes, a bit more feta, pickled red onions and remaining 1/4 cup chopped parsley and 1/4 cup chopped mint.

Squeeze lemon wedges on top. (optional)

Yield

2+ servings

Ingredients

8 oz. Sweet Things® Sweet Potato Trim Fries (item L8000)

1 T. olive oil

1/2 cup chopped onion

2 garlic cloves, chopped

1 lb. grass-fed ground lamb

Pinch red pepper flakes

1 tsp. salt

2 tsp. ground coriander

1/2 tsp. ground cumin

1/2 tsp. ground cinnamon

1/2 tsp. dried oregano

1/2 cup fresh mint, chopped and divided

1/2 cup fresh parsley, chopped and divided

Tzatziki Sauce

1 cup plain greek yogurt

1 T. white wine vinegar

1 T. fresh lemon juice

1/2 cucumber, grated

2 garlic cloves, chopped

1 tsp. salt

1/4 cup fresh parsley, mint and/or dill

Mix all the ingredients in a small bowl and set aside.

Quick Pickled Red Onion

1/2 red onion, thinly sliced

1/4 cup apple cider vinegar

2 tsp. organic sugar

1/2 tsp. salt

Add all ingredients to a small microwaveable bowl and microwave one minute.

Stir and microwave one minute more.

Garnish

1 large tomato, chopped

3 oz. crumbled feta

Lemon Wedges, optional