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Hambúrguer de Carne com Batata Doce Assada e Salada Fresca

Ingredients (for 1 people):

- 150g minced beef
- 1 small sweet potato
- 1 egg
- A few lettuce leaves
- 5 cherry tomatoes
- 1/2 carrot
- 1/4 cucumber
- Extra virgin olive oil
- Salt
- Black pepper

Preparation Method:

1. **Prepare Sweet Potato Fries:** Preheat your gas oven to 200°C (400°F). Wash and peel the sweet potato. Cut it into uniform sticks (like French fries). In a bowl, toss the sweet potato sticks with a drizzle of extra virgin olive oil, a pinch of salt, and a pinch of black pepper. Spread them in a single layer on a baking tray.
2. **Bake Sweet Potato Fries:** Place the baking tray in the preheated oven and bake for 20-30 minutes, flipping them halfway through, until they are tender and slightly crispy.
3. **Prepare Beef Patty:** While the sweet potatoes are baking, in a medium bowl, combine the minced beef with the egg, a pinch of salt, and a pinch of black pepper. Mix well with your hands until just combined (do not overmix). Form the mixture into a single patty, about 1.5-2 cm thick.
4. **Cook Beef Patty:** Heat a drizzle of extra virgin olive oil in a frying pan over medium heat. Once hot, carefully place the beef patty in the pan. Cook for about 4-6 minutes on each side, or until it reaches your desired doneness.
5. **Prepare Fresh Salad:** Wash the lettuce leaves, cherry tomatoes, carrot, and cucumber thoroughly. Tear the lettuce leaves into bite-sized pieces. Halve the cherry tomatoes. Grate the carrot using the chopper. Slice the cucumber into thin rounds or half-moons. Combine all salad ingredients in a bowl.
6. **Dress and Serve:** Drizzle the salad with extra virgin olive oil, and season with salt and black pepper to taste. Once the sweet potato fries and beef patty are cooked, arrange them on a plate alongside the

fresh salad. Serve immediately.

Prep Time

less than 30 minutes

Cooking Time

30 minutes to 1 hour

Serves

Serves 1 person

Diet

Gluten-free (if no bun is used), Dairy-free

Tip: For an extra touch, you can fry another egg and place it on top of your burger patty for a delicious addition!

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