Thai Burgers with Salsa and Sweet Potato

These easy pork burgers are flavoured with Thai curry paste and coriander then served up with a spicy chilli and mango salsa. Because there's no bun they are really low-fat and healthy, just serve delicious sweet potato wedges on the side. Only 242 calories and 4.8 grams of fat.

Ingredients

2 sweet potatoes, cut into wedges

olive oil

400g extra lean minced pork

1 tbsp Thai red curry paste

½ grated red onion, ½ finely diced

1 small bunch chopped coriander

1 diced mango

1 finely chopped red chilli

½ lime, juiced

to serve little gem lettuce

Method

Heat the oven to 200c/fan 180c/gas 6. toss the potato wedges with ½ tbsp olive oil. Put on a baking tray and sprinkle with salt. Bake for 20-25 minutes until tender.

Meanwhile, mix together the pork, curry paste, grated onion and half the coriander. season and form into 4 burgers. Brush the burgers with a little oil then grill or griddle for 5-6 minutes each side until they are cooked through.

For the mango salsa, mix the mango, chilli and the rest of the coriander with the lime juice. To serve, put a burger on top of some little gem leaves and spoon over some salsa. Serve with the sweet potato wedges.