



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## SWEET POTATO SMASH BURGERS (AIR FRYER)



This is a really good vegetarian burger, especially if you love sweet potatoes. Mixed with rice, onions, and spices, the flavors really come through. Eaten as a burger or just as a patty they're so good you'll ask for another!



01 HR 15 MINS



Serves 4 to 6



Featuring

[Halog Farms](#)

[Bright Farm](#)

[Koua Xiong Farm](#)

## INGREDIENTS

### Patties

- 1 large or 2 small sweet potatoes
- 1 can chickpeas
- 1/2 red onion
- 1 bunch cilantro, roughly chopped
- 1 red chili
- 1 clove garlic, chopped
- 1 cup cooked brown rice
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried coriander
- 1 teaspoon salt

### Sauce

- 1/4 cup Greek yogurt
- 1 tablespoon harissa paste
- 1 tablespoon mayonnaise or Vegan substitute
- 1 tablespoon cilantro, chopped
- 1 Lime
- 1 teaspoon olive oil
- 1 teaspoon salt

## METHOD

Cook sweet potatoes in the microwave with the skin on, until cooked, about 10 minutes.

Once cooked, let them cool off. Then cut in half lengthwise and scoop out the flesh. Add to a bowl with the crushed chickpeas, brown rice, cilantro, chopped chili, red onion, garlic, cumin, smoked paprika, and dried cilantro. Mix it all together and form into patties.

Bake in an air fryer for about 30 minutes at 400°F or until browned.

For the sauce, mix together yogurt, mayonnaise, harissa, fresh cilantro, lime, and a splash of oil.

Toast the buns and add the sweet potato patties. Drizzle on the sauce, and top with sliced avocado, pickled red onions, and lettuce.