Spiralised Sweet Potato Sliders with Onion Relish

Makes 4   Prep 25 mins   Cooking 50 mins   Easy

Ingredients

1/2 red pepper (approx 75g), deseeded
1 tbsp olive oil
1 small red onion (approx 75g), halved
& very thinly sliced
salt and pepper
1tsp cider vinegar

For the sliders
1 small sweet potato
pinch salt
2 tbsp freshly chopped parsley
1 egg, beaten
10g polenta

To serve
4 brioche buns
handful spinach leaves
some gorgonzola (optional)

1. Heat oven to 220C/200C Fan/Gas 7. Put the red pepper on a non-stick tray and roast for 20-25 mins or until softened and the skin is blackened. Remove the pepper from the oven and reduce the heat to 180C/ Fan 160C/ Gas 4.
2. Put the pepper in a sandwich bag and leave to cool slightly so the steam loosens the charred skin. Remove and discard the skin, then chop finely and set aside.
3. Heat the oil in a small frying pan, add the red onion and fry for 5-6 mins over a gentle heat until very soft, but not coloured. Stir in the red pepper, season, pour over the cider vinegar and heat until it has all been absorbed. Remove from the heat and set aside.
4. To make the spiralised sweet potato: trim off each end of the sweet potato so you have two flat surfaces. Set up the spiraliser, fix the sweet potato in place and spiralise.
5. Weigh out 50g of the spiralised potato and place in a bowl. Stir in the salt and parsley and mix well. Add just enough of the beaten egg to lightly coat the sweet potato. This will be around half the egg, as you don't want any excess liquid. Sprinkle the polenta over & mix until coated.
6. Line a baking tray with parchment. Divide the sweet potato mixture into four and arrange on a tray in small patties around 6 cm - press the tops to flatten slightly. Bake for 15-18 mins or until the coating is crisp but not browned.
7. To serve, halve and lightly toast the slider buns. Place a few spinach leaves on the base of each bun, add a sweet potato slider, top with the relish and if using some shavings of gorgonzola, add the bun lids and serve immediately.