

QCOOK

Veggie Bobotie Burger

with roasted potato

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	611kj	4470kj
Energy	146kcal	1071kcal
Protein	6.7g	49.2g
Carbs	26g	189g
of which sugars	6.2g	45.1g
Fibre	4.6g	33.6g
Fat	2.1g	15.3g
of which saturated	1g	7.2g
Sodium	108mg	793mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into thick cut fries</i>
60ml	80ml	Bobotie Spice <i>(22,5ml [30ml] NOMU Indian Rub, 15ml [20ml] Cornflour & 22,5ml [30ml] Medium Curry Powder)</i>
2	2	Onions <i>peel, finely dice ¼ & roughly slice ¾</i>
30g	40g	Golden Sultanas
90ml	125ml	Mrs Balls Chutney
360g	480g	Tinned Lentils <i>drain & rinse</i>
150g	200g	Grated Mozzarella Cheese
2	2	Garlic Cloves <i>peel & grate</i>
125ml	160ml	Panko Breadcrumbs
3	4	Burger Buns
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Gherkins <i>drain & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Butter (optional)
Blender

1. BOBOTIE-SPICED POTS Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, ½ the bobotie spice, and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. CHUTNEY & SULTANA ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Fry the sliced onion until caramelised, 10-12 [12-15] minutes (shifting occasionally). At the halfway mark, add the sultanas and the chutney. Remove from the pan, season, and cover.

3. LENTIL PATTY Add the lentils, the diced onion (to taste), the garlic, the cheese and the remaining bobotie spice to a food processor or blender. Pulse until everything has been chopped well but not too finely (don't over-blend - it doesn't need to be smooth!). Transfer the mixture to a bowl and mix in 2 eggs, the breadcrumbs, a drizzle of olive oil and some seasoning. Wet your hands slightly and shape the lentil mixture into 6 [8] patties, about 2cm thick. Set aside.

4. TOASTY BUN Halve the burger buns, and spread butter or oil over the cut side. Return the pan, wiped clean, to medium heat. Toast the buns, cut-side down, until golden, 1-2 minutes.

5. INTO THE FRYING PAN Place a clean pan over medium heat with a drizzle of oil. Fry the patties until browned, 2-4 minutes per side. Remove from the pan and set aside.

6. BEST BURGER EVER Assemble your burger! Layer up the bottom bun with the salad leaves and one of the lentil patties. Top with half the caramelised onions, and the sultanas. Top with the other patty, then the remaining onion and the gherkins. Close up and serve the potatoes on the side.