

# UCOOK

## Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

This dish is a win all around, Chef! Enjoy a medley of fresh greens & veggies you'd expect on a burger, with a juicy beef patty, a very tasty dressing and a side of charred green beans.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Carb Conscious

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Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

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## Ingredients & Prep

15ml	White Wine Vinegar
1	Onion <i>peel &amp; finely slice ½</i>
40ml	Salad Dressing <i>(15ml Low Fat Plain Yoghurt, 5ml Tomato Sauce, 5ml Wholegrain Mustard &amp; 15ml Mayo)</i>
10ml	NOMU One For All Rub
1	Avocado
80g	Green Beans <i>rinse &amp; trim</i>
150g	Free-range Beef Burger Patty
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	Tomato <i>rinse &amp; cut into bite-sized pieces</i>
20g	Gherkins <i>drain &amp; cut into rounds</i>
5g	Pumpkin Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter

**1. PICKLE & DRESSING** In a bowl, combine the vinegar, 5ml of sweetener, and seasoning. Add the sliced onion and set aside to pickle. Drain just before serving. In a small bowl, combine the salad dressing, ½ the NOMU rub, a sweetener (to taste), and seasoning. Set aside.

**2. ALWAYS ROOM FOR AVO** Halve the avocado and set aside one of the halves for another meal. Remove the skin, thinly slice the avocado flesh, and season.

**3. GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

**4. SIZZLE AWAY** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patty until browned and cooked to your preference, 3-4 minutes per side. In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and season.

**5. BEST BURGER EVER!** Make a bed of shredded salad leaves. Top with the beef patties, the charred green beans, the tomato chunks, the seasoned avocado slices, the gherkin rounds, and the drained pickled onion (to taste). Drizzle over the salad dressing, and sprinkle over the pumpkin seeds. Cheers!



## Chef's Tip

Toast the pumpkin seeds in a pan over medium heat until golden brown, 3-4 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	499kj
Energy	119kcal
Protein	4.9g
Carbs	6g
of which sugars	2.4g
Fibre	2.4g
Fat	8.2g
of which saturated	2g
Sodium	94mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
2 Days