



UCCOOK

Eastern Fusion Bunless Chicken Burger

with roasted carrots & a spicy tahini sauce

Hands-on Time: 25 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jason Johnson

Nutritional Info	Per 100g	Per Portion
Energy	304kj	1981kj
Energy	73kcal	474kcal
Protein	5.2g	34.1g
Carbs	7g	43g
of which sugars	3g	17g
Fibre	2g	11g
Fat	2.8g	18.4g
of which saturated	0.7g	4.3g
Sodium	130mg	848.3mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>trim, peel & cut into wedges</i>
150g	300g	Free-range Chicken Mince
5ml	10ml	Green Curry Paste
1	1	Onion <i>peel, finely dice ¼ [½] & finely slice ¼ [½]</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Spicy Tahini Sauce <i>(10ml [20ml] Tahini, 15ml [30ml] Lime Juice, 12,5ml [25ml] Low Sodium Soy Sauce, 2,5ml [5ml] Sriracha Sauce)</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey (optional)

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CURRY MINCE Place the mince into a bowl and combine with the curry paste (to taste), the diced onion (to taste), the garlic, and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 [4] patties of about 2cm thick. Set aside until frying.

3. SPICY-SWEET SAUCE & SALAD In a small bowl, combine the spicy tahini sauce with the ginger, a sweetener (optional & to taste), and seasoning. Set aside. In a salad bowl, combine the leaves, the cucumber rounds, and season.

4. GOLDEN ONIONS Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Set aside.

5. PERFECT PATTIES When the roast veg has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil (if necessary). When hot, fry the patties for 2-3 minutes per side until golden. Remove from the heat and allow to rest in the pan for 2-3 minutes before serving.

6. HEAVENLY HAMBURGER Dish up the roasted veg alongside the fresh salad. Top with the spiced chicken patties and golden onions. Drizzle over the spiced tahini sauce.