



UCOOK

Greek Beef Bunless Burger

with aubergine, baby tomatoes & Danish-style feta

Beautifully seared beef burger patty served on a bed of fresh green leaves, roasted aubergine rounds, & a side of Greek-style salad. A crumbling of feta, a dollop of tzatziki and OPA!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Simonsig | Pinotage

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into 1cm thick rounds</i>
5ml	NOMU Roast Rub
10ml	White Wine Vinegar
1	Onion <i>¼ peeled & thinly sliced</i>
150g	Free-range Beef Patty
80g	Baby Tomatoes <i>cut in half</i>
100g	Cucumber <i>cut into bite-sized chunks</i>
4g	Fresh Oregano <i>rinsed & picked</i>
40g	Green Leaves <i>rinsed</i>
30g	Danish-style Feta <i>drained</i>
40ml	Tzatziki

From Your Kitchen

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

1. ROAST THE ROUNDS Preheat the oven to 220°C. Spread out the aubergine rounds on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until soft and browned, flipping halfway.

2. IN A PICKLE In a salad bowl, combine the vinegar, 5ml of a sweetener of choice, and 15ml of water. Add the sliced onion, toss until coated, and set aside to pickle.

3. THE STAR OF THE SHOW Place a pan over medium-high heat with a drizzle of oil. Pat the burger patty dry with paper towel. When the pan is hot, add the patty and fry for 3-4 minutes per side until golden. In the final minute, baste with the remaining rub and a knob of butter. Remove from the pan and set aside to rest for 3-4 minutes.

4. PUT THE 'GREEK' IN SALAD To the salad bowl with the pickled onion (don't drain the pickling liquid), add the halved baby tomatoes, the cucumber chunks, ½ the picked oregano, a drizzle of oil, and seasoning. Toss until combined.

5. A MOUTHWATERING MEDITERRANEAN MEAL Make a bed of the rinsed green leaves and top with the aubergine rounds and the burger patty. Side with the Greek-style salad and crumble over the drained feta. Serve with the tzatziki. Sprinkle over the remaining oregano. Use the green leaves as the bun if you'd like and enjoy!



Chef's Tip

If you have an air fryer, why not use it to cook the aubergine rounds? Coat in oil, ½ the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 10-15 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	389kj
Energy	93kcal
Protein	4.9g
Carbs	4g
of which sugars	2.2g
Fibre	1.7g
Fat	6g
of which saturated	2.5g
Sodium	106mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days