



U C O O K

— COOKING MADE EASY

BUNLESS CAJUN CHICKEN BURGER

with roast butternut, hummus & crispy lentils

Make your own juicy chicken burger patties with Cajun spice and fresh garlic. Resting on a spread of caramelised butternut, crispy lentils, feta, and salad, with drippings of minty hummus. You won't even miss the bun!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

500g	Whole Butternut <i>peeled (optional) & deseeded</i>
240g	Lentils <i>drained & rinsed</i>
2	Spring Onion <i>rinsed</i>
300g	Free-Range Chicken Mince
2	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Cajun Rub
20g	Pumpkin Seeds
100ml	Hummus
5g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
40g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>ribbioned or cut into thin half-moons</i>
50g	Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROAST THE BUTTERNUT Preheat the oven to 200°C. Cut the deseeded butternut into bite-size chunks and spread out on a large roasting tray. Coat in oil, season, and roast in the hot oven for 30-35 minutes. At the halfway mark, sprinkle the drained lentils over the tray and return it to the oven for the remaining cooking time until the lentils are crispy.

2. CHICKEN PATTIES Thinly slice the green parts of the rinsed spring onion and set aside for serving. Finely chop the white parts and place in a bowl with the chicken mince, grated garlic, and Cajun Rub to taste. Mix well to combine and season to taste. Shape into 4 patties (about 2cm thick) and set aside until frying.

3. TOAST THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool

4. DRESS IT UP & FRESHEN IT UP Combine the hummus with a drizzle of oil and three-quarters of the chopped mint. Mix with lukewarm water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Place the rinsed salad leaves in a bowl with the cucumber ribbons (or half-moons). Crumble in half of the drained feta, add a drizzle of oil, and toss to combine.

5. FRY THE SPICY PATTIES When the roast veg has 5 minutes to go, return the pan to a medium-high heat with a drizzle of oil. When hot, fry the chicken patties for 3-4 minutes per side until golden, gently pressing them down with a spatula to ensure they cook all the way through. Remove from the heat on completion and allow them to rest in the pan for 2 minutes before serving.

6. WHAT A FEAST! Make a bed of green salad and scatter over the roast butternut and crispy lentils. Top with the chicken patties and crumbles of the remaining feta. Sprinkle over the toasted pumpkin seeds, the remaining chopped mint, and the spring onion greens. Lastly, drizzle with lots of hummus dressing! Magnificent, Chef!



Chef's Tip

Butternut has high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

Nutritional Information

Per 100g

Energy	527kJ
Energy	126Kcal
Protein	8.5g
Carbs	13g
of which sugars	1.8g
Fibre	4g
Fat	4.2g
of which saturated	1.6g
Sodium	169mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within 3
Days