



UCOOK

Mexican Beef Burger

with spiced butternut & homemade creamy guacamole

Think of everything you love about a juicy beef burger. Now think of some of the delicious flavours of Mexican food that tingles your tastebuds. Now combine your food dream into a reality! A toasted burger bun is topped with fresh greens, tangy tomato slices, a melted-cheese beef patty, and generous slatherings of homemade guacamole. Sided with butternut chunks with a kick!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
5ml	NOMU Mexican Spice Blend
15g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
1	Tomato
20g	Green Leaves
1	Avocado
30ml	Sour Cream
1	Burger Bun
1	Free-range Beef Burger Patty
20g	Grated Mozzarella Cheese

From Your Kitchen

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

1. VEG WITH A KICK Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Toss through the NOMU spice blend and ½ the chopped jalapeños (to taste).

2. PREP STEP Rinse and slice ½ the tomato into rounds. Rinse the green leaves. In a bowl, combine ½ the avocado, the sour cream, and seasoning. Set aside.

3. TOASTY BUN Halve the burger bun and spread butter over the cut-side or brush with oil. Place a pan (with a lid) over a medium heat. When hot, toast the halved bun, cut-side down, until crisp, 1-2 minutes.

4. CHEESY PATTY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the beef patty until browned and cooked to your preference, 3-4 minutes per side. In the final 1-2 minutes, top the patty with the grated cheese, pop on the lid, and cook until the cheese has melted.

5. ASSEMBLE Place the burger bun, cut-side up, on a plate. Top with the green leaves, the tomato rounds, and the cheesy patty. Dollop over ½ the creamy guacamole and sprinkle over the remaining jalapeño (to taste). Side with the Mexican-spiced butternut & onion and the remaining creamy guacamole for dunking. Cheers, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces, and the onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Toss through the NOMU rub and ½ the jalapeño.

Nutritional Information

Per 100g

Energy	595kJ
Energy	142kcal
Protein	5.2g
Carbs	11g
of which sugars	2.3g
Fibre	2.3g
Fat	8.3g
of which saturated	2.8g
Sodium	86mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy, Cow's Milk

Eat
within 2
Days