



UCOOK

Superb Pork Patties

with roasted beets & sun-dried tomatoes

This unique twist on a classic burger is so quick and easy you won't believe it! Roasted beetroot is served alongside flavour-packed pork patties, and a fresh green leaf & sun-dried tomato salad. Easy as 1, 2, 3!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Boschendal | Boschen Blanc

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Ingredients & Prep

300g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
150g	Pork Mince
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
5ml	NOMU One For All Rub
1	Lemon <i>½ zested & cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. TURN UP THE BEET Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy. Shifting at the halfway mark.

2. PERFECT PATTIES Place the pork mince in a bowl, add the grated garlic, ½ of the chopped parsley, the rub, a squeeze of lemon juice (to taste), 1 tbsp of cold water, and some seasoning. Mix until fully combined. Shape into 2 patties about 2cm thick.

3. FRESH SALAD In a salad bowl, place 5ml of olive oil, a squeeze of lemon juice, a pinch of salt, and a sweetener of choice. Whisk to combine. Add the rinsed green leaves, chopped sun-dried tomatoes, and a pinch of lemon zest. Toss to combine.

4. FRY THE PATTIES Place a pan or a griddle pan over a medium heat with a drizzle of oil. When hot, fry the patties for 2-3 minutes per side until cooked through and slightly charred.

5. PATTY PARTY! Plate up the roasted beets. Side with the golden patties and the fresh salad. Crumble the drained feta over the salad. Garnish with any remaining lemon wedges and the remaining parsley. Easy peasy!



Chef's Tip

Have a bowl of water next to you when you start rolling your meatballs. Dip your hands into it between shaping each one to prevent the mince from sticking to you.

Nutritional Information

Per 100g

Energy	532kJ
Energy	127Kcal
Protein	7g
Carbs	5g
of which sugars	1.8g
Fibre	1.8g
Fat	8.2g
of which saturated	3.3g
Sodium	8mg

Allergens

Dairy, Allium, Sulphites

Cook
within 1
Day