



UCOOK

Blueberry Wagyu Beef Burger

with rootstock crisps

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	756.2kJ	4177.8kJ
Energy	181.1kcal	1000.4kcal
Protein	6.9g	38.2g
Carbs	17.5g	96.7g
of which sugars	6g	33.1g
Fibre	1.8g	10g
Fat	8.9g	49g
of which saturated	3.5g	19.2g
Sodium	116mg	640.6mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Sesame, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Onion <i>peel & roughly slice ½ [1]</i>
50g	100g	Blueberries
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Lemon Juice
15ml	30ml	Balsamic Vinegar
	10ml	Cornflour
1	2	Wagyu Beef Patty/ies
1	2	Burger Bun/s
10g	20g	Salad Leaves <i>rinse</i>
20g	40g	Gherkins <i>drain & roughly slice</i>
1 pack	2 packs	Rosemary & Rocksalt Potato Crisps

1. SWEET ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. BERRY DELICIOUS SAUCE In a small saucepan, add a knob of butter, the blueberries, the garlic (to taste), the lemon juice (to taste), the balsamic vinegar, the corn flour, and a sweetener (to taste). Using a potato masher or fork, lightly crush the blueberries to break their skins. Place over medium heat and simmer until slightly thickened, 4-5 minutes. Cover and set aside.

3. PERFECT PATTY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned and cooked to your preference, 3-4 minutes per side. Remove from the pan and season.

4. BUTTERY BUN Halve the burger bun/s, and spread butter or oil over the cut-side. Return the pan to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

5. SIMPLY STUNNING Plate up the toasted bun/s and top with the salad leaves, the patty [patties], the sauce, the caramelised onion, and the gherkins. Side with the root stock crisps and any remaining sauce. Delish work, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Butter