



UCOOK

Bunless Moroccan Chicken Burgers

with spiced roast butternut & a hummus
and pomegranate dressing

The familiar delight of a juicy, well-spiced burger, but with none of the guilt of a bun! These chicken patties are flavoured with Moroccan spices and paired with roast butternut, crispy lentils, and drips of hummus dressing.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-size pieces</i>
5ml	NOMU Moroccan Rub
60g	Lentils <i>drained & rinsed</i>
150g	Free-range Chicken Mince
1	Garlic Clove <i>peeled & grated</i>
10g	Pumpkin Seeds
50ml	Hummus
15ml	Pomegranate Molasses
40g	Peas
20g	Salad Leaves <i>rinsed</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

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

1. FRAGRANT BUTTERNUT Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil, half of the Moroccan Rub, and seasoning to taste. Roast in the hot oven for 30-35 minutes. Place the drained lentils in a bowl, coat in oil and seasoning, and set aside.

2. MAKE THE SPICED PATTIES Place the mince and grated garlic in a bowl. Combine with the remaining Moroccan Rub to taste and lightly season. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 patties of about 2cm thick. Set aside until frying.

3. BURGER BOWL BITS Boil the kettle. Place the seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion. Place the hummus in a bowl and mix in the pomegranate molasses to taste. Loosen with milk or water in 5ml increments until drizzling consistency and season to taste. Submerge the peas in boiling water for 2-3 minutes until plump and heated. Drain on completion. Set all three aside for serving.

4. LOOKING GOOD... When the butternut reaches the halfway mark, remove from the oven and give a shift. Scatter over the lentils, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the lentils should be crispy and the butternut should be cooked through and caramelised.

5. FRY THOSE BEAUTS! Return the pan to a high heat with a drizzle of oil. When hot, fry the patties for 4-5 minutes per side until golden, gently pressing down with a spatula to ensure they cook through. Remove from the heat on completion and allow to rest in the pan for 2 minutes before serving.

6. YOUR ULTIMATE BUNLESS BURGER Dish up the crisp roast butternut and lentils next to the rinsed salad leaves. Scatter over the peas and top with the juicy chicken patties. Cover in sprinkles of toasted seeds and drizzles of hummus dressing. Garnish with the fresh, chopped mint and the sliced spring onion. Divine, Chef!



Chef's Tip

To check if your patties are seasoned enough, pop a pan over a high heat with a small drizzle of oil. When hot, fry a bite-size piece of the patty mixture for 1-2 minutes until cooked through. Taste to test and add more seasoning to the raw mixture if needed.

Nutritional Information

Per 100g

Energy	490kJ
Energy	117Kcal
Protein	7.8g
Carbs	13g
of which sugars	3.1g
Fibre	3.5g
Fat	3.3g
of which saturated	0.9g
Sodium	119mg

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days