



UCCOOK

Falafel Burger

with pickled onions & sweet potato chips

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	476kJ	3206kJ
Energy	114kcal	768kcal
Protein	3g	20.2g
Carbs	17g	114g
of which sugars	4.4g	29.9g
Fibre	2.9g	19.4g
Fat	3.3g	22.1g
of which saturated	0.4g	2.6g
Sodium	205mg	1378mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Sweet Potato Chips
15ml	20ml	NOMU BBQ Rub
90ml	125ml	Vegan Mayo
3	4	Outcast Patties <i>kept frozen</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Pickled Onions <i>reserve pickling liquid & thinly slice</i>
3	4	Burger Buns <i>cut in half</i>
2	2	Tomatoes <i>rinse & slice 1½ [2] into thin rounds</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Plant-based Butter (optional)

Seasoning (salt & pepper)

1. **FABULOUS FRIES** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat generously in oil, the NOMU rub and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. **MAYO DRIZZLE** In a small bowl, loosen the mayo with water in 5ml increments until smooth but spreadable. Set aside.

3. **PERFECT PATTY** Remove the patties from the freezer. Place a pan or grill pan over medium-high heat with a generous drizzle of oil. When hot, fry the patties until browned, 3-4 minutes per side. Remove from the pan and drain on paper towel.

4. **SIMPLE SALAD** In a bowl, toss together ½ the green leaves and ½ the onions. Set aside.

5. **TOASTED BUN** Spread plant-based butter (optional) or oil over the cut-side of the buns. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

6. **BRING ON THE BURGER** Place the burger buns, cut-side up, on a plate. Smear with the mayo, top with the remaining leaves, the falafel patties, the tomato, the cucumber, and the remaining pickled onions (to taste). Close up with the top buns and serve alongside the sweet potato chips. Dollop over any remaining mayo. Enjoy, Chef!