



UCOOK

Falafel Burger

with sumac pickled onions & potato chips

It's a veggie burger night feast, Chef! A toasted bun is smeared with hummus, then layered with fresh greens, a crispy falafel patty, tangy tomato, refreshing cucumber, and sumac-pickled onions. Sided with golden oven-roasted potato fries, it's a spoil-yourself, mid-week meal that will make you think the weekend's arrived early.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Veggie

Stettyn Wines | Stettyn Family Range Chenin
Blanc 2023

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Ingredients & Prep

600g	Potato <i>rinse & cut into thick cut chips</i>
60g	Pickled Onions <i>reserve pickling liquid & thinly slice</i>
15ml	Sumac Spice
125ml	Hummus
3	Outcast Burger Patties
60g	Green Leaves <i>rinse</i>
3	Burger Buns <i>cut in half</i>
1	Tomato <i>rinse & slice ¾ into thin rounds</i>
150g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Plant-based Butter (optional)

1. FABULOUS FRIES Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PICKLED ONIONS In a bowl, combine the sliced onions with the sumac spice (to taste), the pickling liquid, and seasoning. Set aside.

3. HUMMUS DRIZZLE In a small bowl, loosen the hummus with water in 5ml increments until smooth but spreadable. Set aside.

4. 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.

5. SIMPLE SALAD Drain the pickling liquid from the onions. In a bowl, toss together ½ the rinsed leaves and ½ the pickled onions. Set aside.

6. 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.

7. BRING ON THE BURGER Place the burger buns, cut-side up, on a plate. Smear with the hummus, top with the remaining leaves, the falafel patty, the sliced tomato, the sliced cucumber, and the remaining pickled sumac onions (to taste). Close up with the top buns and serve alongside the golden potato chips. Dollop over any remaining hummus. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato chips in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	418kj
Energy	100kcal
Protein	3.8g
Carbs	17g
of which sugars	2.1g
Fibre	3.3g
Fat	1.6g
of which saturated	0.4g
Sodium	184mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Eat
Within
4 Days