



UCOOK

Superb Pork Patties

with roasted beetroot & sun-dried tomatoes

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

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

Carb Conscious

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

600g	Beetroot Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
300g	Pork Mince
1	Garlic Clove <i>peel & grate</i>
5g	Fresh Rosemary <i>rinse, pick & roughly chop</i>
20ml	NOMU One For All Rub
40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
40g	Salad Leaves <i>rinse</i>
30g	Almonds
60g	Danish-style Feta <i>drain</i>
2 units	Roasted Garlic Mayo

From Your Kitchen

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

1. TURN UP THE BEET Preheat the oven to 200°C. Place the beetroot pieces and the onion wedges on a roasting tray, coat in oil, and season. Roast in the oven until cooked through and crispy, 30-35 minutes (shifting at the halfway mark).

2. PERFECT PATTIES Place the pork mince in a bowl. Add the grated garlic, ½ of the chopped rosemary, the NOMU rub, ¼ of the chopped sun-dried tomatoes, a squeeze of lemon juice (to taste), 1 tbsp of cold water, and seasoning. Mix until combined. Shape into 4 patties about 2 cm thick.

3. FRESH SALAD In a salad bowl, combine 10ml of olive oil, a squeeze of lemon juice, seasoning, and a sweetener (to taste). Toss through the rinsed salad leaves, the remaining sun-dried tomatoes, and the lemon zest (to taste).

4. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. PATTY PARTY Return the pan to medium heat with a drizzle of oil. When hot, fry the patties until cooked through and slightly charred, 2-3 minutes per side.

6. GET NOSHING Plate up the roasted beets & onion. Side with the golden patties and the fresh salad. Crumble the drained feta over the salad. Garnish with the toasted almonds, any remaining lemon wedges, and the remaining rosemary. Serve with the mayo for dunking. Easy peasy!



Chef's Tip

Air fryer method: Coat the beetroot and onion wedges in oil and season. Air fry at 200°C until crispy and cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	508kJ
Energy	121kcal
Protein	5.5g
Carbs	6g
of which sugars	2g
Fibre	2g
Fat	8g
of which saturated	2.5g
Sodium	153mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
1 Day