



# UCCOOK

## Peri-peri Charcoal Burger

with a **Green Fields Vegan Burger Patty** & potato wedges

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Waterford Estate | Waterford Antigo

### Nutritional Info

	Per 100g	Per Portion
Energy	531kJ	3480kJ
Energy	127kcal	834kcal
Protein	5.5g	36.2g
Carbs	18g	115g
of which sugars	2.7g	17.7g
Fibre	2.1g	14g
Fat	3.9g	25.6g
of which saturated	0.4g	2.6g
Sodium	159mg	1044mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse &amp; cut into wedges</i>
2	2	Onions <i>peel &amp; roughly slice</i>
3	4	Charcoal Buns
3	4	Green Fields Premium Burger Patties
120ml	160ml	Peri-peri Mayo <i>(45ml [60ml] Colleen's Peri-peri Sauce &amp; 75ml [100ml] Mayo)</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Gherkins <i>drain &amp; slice</i>

## From Your Kitchen

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

**1. CRISPY WEDGES** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil 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. SWEET, SILKY ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**3. ON A ROLL** Halve the buns and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

**4. JUICY PATTY** Remove the patties from the freezer. Return a pan to medium-high heat with a drizzle of oil. Fry the patties until browned, 2-3 minutes per side. Remove from the pan.

**5. BEST BURGER EVER** Place the burger buns, cut-side up, on a plate. Smear some peri-peri mayo (to taste) on the bottom half of the bun and top with the green leaves, the gherkins, the patties and the onions. Side with the crispy wedges and any extra mayo for dipping. Well done, Chef!