



# UCCOOK

## Eastern Fusion Bunless Chicken Burger

with roasted carrots & a spicy tahini sauce

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Jason Johnson

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 284kj    | 2064kj      |
| Energy             | 68kcal   | 494kcal     |
| Protein            | 4.7g     | 34.1g       |
| Carbs              | 7g       | 48g         |
| of which sugars    | 3g       | 19g         |
| Fibre              | 2g       | 11g         |
| Fat                | 2.5g     | 18.4g       |
| of which saturated | 0.6g     | 4.3g        |
| Sodium             | 116.7mg  | 848.6mg     |

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

**Spice Level:** Moderate

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                            |
|----------|------------|----------------------------------------------------------------------------------------------------------------------------|
| 10ml     | 20ml       | Tahini                                                                                                                     |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                                           |
| 30ml     | 60ml       | Spicy Sauce<br><i>(15ml [30ml] Lime Juice,<br/>12,5ml [25ml] Low Sodium<br/>Soy Sauce, 2,5ml [5ml]<br/>Sriracha Sauce)</i> |
| 150g     | 300g       | Free-range Chicken Mince                                                                                                   |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                                                                        |
| 10g      | 20g        | Fresh Ginger<br><i>peel &amp; grate</i>                                                                                    |
| 1        | 1          | Onion<br><i>peel, finely dice ¼ [½] &amp;<br/>finely slice ¼ [½]</i>                                                       |
| 240g     | 480g       | Carrot<br><i>trim, peel &amp; cut into wedges</i>                                                                          |
| 5ml      | 10ml       | Green Curry Paste                                                                                                          |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                                                    |

## From Your Kitchen

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey (optional)

Cooking Spray

**1. ROASTED CARROT** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. CURRY MINCE** Place the mince into a bowl and combine with the curry paste (to taste), the diced onion (to taste), the garlic and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 [4] patties of about 2cm thick. Lightly coat in cooking spray and set aside until frying.

**3. SPICY-SWEET SAUCE & SALAD** In a small bowl, combine the spicy sauce with the tahini, ginger, a sweetener (optional and to taste), and seasoning. Set aside. In a salad bowl, combine the salad leaves, the cucumber, and season.

**4. GOLDEN ONIONS** Place a pan over medium heat. When hot, add the onion and lightly coat in cooking spray until golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

**5. PERFECT PATTIES** When the roast veg has about 10 minutes remaining, return the pan to a high heat. When hot, fry the patties for 2-3 minutes per side until golden. Remove from the heat and allow to rest in the pan for 2-3 minutes before serving.

**6. HEAVENLY HAMBURGER** Dish up the roasted veg alongside the fresh salad. Top with the spiced chicken patties and the golden onions. Drizzle over the spiced tahini sauce.