



UCOOK

Classic Black Bean Burger

with gherkins, cashew nut cream cheese & sweet potato wedges

This meal is bun in a million! A tasty black bean burger is loaded with green leaves, caramelised onions, gherkins, tomato, and cashew nut cream cheese. Sided with classic sweet potato wedges and a piquanté pepper salad. Boom, baby!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
120g	Black Beans <i>drained & rinsed</i>
2	Red Onions <i>peeled & ½ finely diced & 1½ roughly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	NOMU Provençal Rub
60ml	Panko Breadcrumbs
2	Schoon Vegan Burger Buns <i>cut in half</i>
100ml	Cashew Nut Cream Cheese
40g	Green Leaves <i>rinsed</i>
1	Tomato <i>cut into rounds</i>
50g	Gherkins <i>drained & sliced into rounds</i>
40g	Pickled Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. LET'S GET GOING Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. ALL TOGETHER NOW Place the rinsed black beans in a bowl. Using a potato masher or fork, mash the beans until a rough mash. Add the diced onion (to taste), the grated garlic, the rub, the breadcrumbs, seasoning, and 20ml of water. Mix until fully combined.

3. PAT A CAKE Wet your hands slightly and form the bean mixture into 1 patty per portion. Lightly grease the patties with oil and place on a baking tray. Bake in the hot oven for 15-20 minutes until crisp, flipping halfway.

4. CARMELISATION STATION Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice. Remove from the pan.

5. GOLDEN BROWN When the patties have 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, add the halved burger buns, cut side-down, and fry for 1-2 minutes until warmed through and browned.

6. IT'S BURGER NIGHT! Time to assemble! Smear the halved burger buns with ½ the cream cheese. Top with some of the green leaves, the burger patties, the caramelised onions, and some of the tomato and gherkin rounds. Close up the burgers. Side with the sweet potato wedges and the remaining cream cheese for dunking. Serve any remaining fillings on the side in a salad with the chopped piquanté peppers.

Nutritional Information

Per 100g

Energy	448kj
Energy	107kcal
Protein	3.2g
Carbs	17g
of which sugars	3.9g
Fibre	2.2g
Fat	2.2g
of which saturated	0.2g
Sodium	200mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days