

UCCOOK

Blissful Beef Patty Bowl

with coriander & chilli pesto

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Piekenierskloof | Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	553kJ	3971kJ
Energy	132kcal	950kcal
Protein	7.1g	51.2g
Carbs	8g	55g
of which sugars	1.6g	11.5g
Fibre	4.1g	29.4g
Fat	9.8g	70.4g
of which saturated	2.4g	17.2g
Sodium	298mg	2145mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
200g	200g	Cabbage <i>thinly shred</i>
45ml	60ml	Lemon Juice
45ml	60ml	Pesto Princess Coriander & Chilli Pesto
150ml	200ml	Low Fat Cottage Cheese
15g	20g	Sunflower Seeds
180g	240g	Tinned Lentils <i>drain & rinse</i>
15ml	20ml	Greek Seasoning
450g	600g	Beef Patties
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Avocados <i>cut in half & thinly slice 1½</i> <i>[2]</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

1. **LET'S GO!** In a bowl, combine the cabbage with lemon juice and some seasoning. Set aside. In another small bowl, combine the pesto and the cottage cheese. Season and set aside.

2. **SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **LEKKER LENTILS** Return the pan to medium heat with a drizzle of oil. Fry the lentils until golden and beginning to crisp up, 8-10 minutes (shifting constantly). In the final 2-3 minutes, add the Greek seasoning. Remove from the pan and set aside.

4. **INTO THE FRYING PAN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-4 minutes per side. Remove from the pan.

5. **WHAT A FEAST** Plate up your dinner, buddha bowl style, starting with the cabbage, cucumber, crispy lentils, and avo. Top with the patties and dollop over the creamy pesto. Enjoy, Chef!