



UCOOK

Eastern Fusion Bunless Chicken Burger

**with roasted carrots & a spicy tahini
sauce**

Ditch the unnecessary calories of a hamburger bun while ramping up the flavour with a spicy tahini sauce, featuring lime juice & sriracha. This lipsmacking liquid will be drizzled over homemade chicken mince patties, fried until golden. Served with oven roasted carrots and a refreshing cucumber salad.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

***New Calorie Conscious**

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

Ingredients & Prep

240g	Carrot <i>trim, peel & cut into wedges</i>
150g	Free-range Chicken Mince
5ml	Green Curry Paste
1	Onion <i>peel, ¼ finely dice & ¾ finely slice</i>
1	Garlic Clove <i>peel & grate</i>
40ml	Spicy Tahini Sauce <i>(10ml Tahini, 15ml Lime Juice, 12,5ml Low Sodium Soy Sauce, 2,5ml Sriracha Sauce)</i>
10g	Fresh Ginger <i>peel & grate</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey (optional)

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil 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 grated garlic, and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 patties of about 2cm thick. Set aside until frying.

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

4. GOLDEN ONIONS Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Set aside.

5. PERFECT PATTIES When the roast veg has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil (if necessary). 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 golden onions. Drizzle over the spiced tahini sauce.

Nutritional Information

Per 100g

Energy	304kJ
Energy	73kcal
Protein	5.2g
Carbs	7g
of which sugars	3g
Fibre	2g
Fat	2.8g
of which saturated	0.7g
Sodium	130mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Eat
Within
1 Day