



UCCOOK

Jalapeño & Ostrich Burger

with sweet potato wedges

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	630kJ	5684kJ
Energy	151kcal	1361kcal
Protein	6.6g	59.6g
Carbs	12g	109g
of which sugars	2.8g	24.9g
Fibre	2.6g	23.1g
Fat	8.5g	76.5g
of which saturated	2.3g	20.3g
Sodium	139mg	1258mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Sesame, Wheat, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
150g	300g	Free-range Ostrich Mince
1	1	Spring Onion <i>rinse, trim & finely slice</i>
2,5ml	5ml	NOMU Chipotle Flakes
2 strips	4 strips	Streaky Pork Bacon
1	2	Burger Bun/s
20g	40g	Salad Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>
50ml	100ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato 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. MMMINCE In a bowl, combine the mince, the onion (to taste), the NOMU Chipotle Flakes (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 1 [2] patty [patties], of about 2cm thick. Set aside.

3. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strip/s and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel.

4. PERFECT PATTY Return the pan to medium-high heat with a drizzle of oil (if nesenary). Fry the patty [patties] until browned, 2-4 minutes per side. Remove from the pan.

5. BUTTERY BUN Halve the burger bun/s, and spread butter or oil over the cut-side. Return the pan to medium heat. Toast the bun/s, cut-side down, until golden, 1-2 minutes.

6. BURGER NIGHT! Top the burger bun/s with the leaves, the patty [patties], the bacon, the cucumber, the jalapeno, the avocado, and dollop over the sour cream. Side with the sweet potato fries. Dig in, Chef!