



# UCCOOK

## Gluten-Free BBQ Burger

**with spiced baby potatoes, That Mayo  
vegan mayo & caramelised onion**

Gluten-free and vegan? It's the ultimate dining partner! You'll be smitten with the gluten-free bun, onion caramelised in BBQ sauce, fabulous salad toppings, lashings of mayo, and, of course, a crispy Outcast burger patty.

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Tess Witney

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 Vegetarian

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 No paired wines

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## Ingredients & Prep

250g	Baby Potatoes <i>rinsed &amp; halved</i>
10ml	NOMU Spanish Rub
1	Onion <i>½ peeled &amp; finely diced</i>
20ml	Clarks Kitchen Bourbon BBQ Sauce
50g	Cucumber <i>sliced into half-moons</i>
20g	Radish <i>rinsed &amp; sliced into thin rounds</i>
20ml	Pickling Liquid <i>(15ml White Wine Vinegar &amp; 5ml Maple Syrup)</i>
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
58g	Outcast Vegan Burger Mix
1	Bentley's Gluten-free Bun <i>halved</i>
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
45ml	That Mayo (Vegan)

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. START UP A SMOKY ROAST** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil, ½ of the Spanish Rub, and some seasoning to taste. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. BBQ CARAMELISED ONIONS** Place a nonstick pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the diced onion for 7-9 minutes until soft and caramelised, shifting occasionally. In the final minute, stir through ½ of the BBQ sauce. Remove from the pan on completion, cover to keep warm, and set aside for serving.

**3. MEANWHILE...** Place the sliced cucumber and radish in a bowl. Pour over the pickling liquid and 10ml of warm water. Toss to coat, season, and stir through the sliced chilli to taste. Set aside to pickle until serving, tossing every so often. Place the burger mix in a bowl with a pinch of salt and the remaining Spanish Rub to taste. Pour in 90ml of boiling water and mix well to combine (not for longer than about 30 seconds). Cover with a plate and set aside to rehydrate for at least 10 minutes.

**4. VEGAN BURGER TIME** When the potatoes have 10 minutes remaining, shape the burger mix into 2 patties of 1cm thick. Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until heated through and crispy. During the final minute, baste with the remaining BBQ sauce. Remove from the pan on completion and set aside until serving.

**5. TOASTY BUN** Wipe down the pan and return to a medium heat. Spread butter over the cut side of the halved bun or brush with oil. Place cut-side down in the pan and toast for 1-2 minutes until crisp. On completion, transfer to a plate for serving. Toss the shredded green leaves with a drizzle of oil, a splash of pickling water, and some seasoning.

**6. LET'S CHOW!** Smear the mayo on the bun halves. Layer the bottom half with pickled cucumber and radish, one veggie patty, and caramelised onion. Top with the leaves and the other patty. Serve the roast potatoes on the side with any remaining toppings. Mmm!

## Nutritional Information

Per 100g

Energy	571kJ
Energy	137Kcal
Protein	3.9g
Carbs	22g
of which sugars	4g
Fibre	3.9g
Fat	2.8g
of which saturated	0.7g
Sodium	323mg

## Allergens

Allium, Sulphites, Alcohol, Soy

Cook  
within 1  
Day