

# UCCOOK

## Veggie Bobotie Burger

with roasted potato

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 611kJ    | 4470kJ      |
| Energy             | 146kcal  | 1071kcal    |
| Protein            | 6.7g     | 49.2g       |
| Carbs              | 26g      | 189g        |
| of which sugars    | 6.2g     | 45.1g       |
| Fibre              | 4.6g     | 33.6g       |
| Fat                | 2.1g     | 15.3g       |
| of which saturated | 1g       | 7.2g        |
| Sodium             | 108mg    | 793mg       |

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

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                     |
|----------|------------|---------------------------------------------------------------------------------------------------------------------|
| 200g     | 400g       | Potato<br><i>rinse &amp; cut into thick cut fries</i>                                                               |
| 20ml     | 40ml       | Bobotie Spice<br><i>(7,5ml [15ml] NOMU Indian Rub, 5ml [10ml] Cornflour &amp; 7,5ml [15ml] Medium Curry Powder)</i> |
| 1        | 1          | Onion<br><i>peel, finely dice ¼ &amp; roughly slice ¾</i>                                                           |
| 10g      | 20g        | Golden Sultanas                                                                                                     |
| 30ml     | 60ml       | Mrs Balls Chutney                                                                                                   |
| 120g     | 240g       | Tinned Lentils<br><i>drain &amp; rinse</i>                                                                          |
| 50g      | 100g       | Grated Mozzarella Cheese                                                                                            |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                                             |
| 40ml     | 80ml       | Panko Breadcrumbs                                                                                                   |
| 1        | 2          | Burger Bun/s                                                                                                        |
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>                                                                                        |
| 20g      | 40g        | Gherkins<br><i>drain &amp; cut into thin rounds</i>                                                                 |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Egg/s  
Butter (optional)  
Blender

**1. BOBOTIE-SPICED POTS** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, ½ the bobotie spice, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. CHUTNEY & SULTANA ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add the sultanas and the chutney. Remove from the pan, season, and cover.

**3. LENTIL PATTY** Add the lentils, the diced onion (to taste), the garlic, the cheese and the remaining bobotie spice to a food processor or blender. Pulse until everything has been chopped well but not too finely (don't over-blend - it doesn't need to be smooth!). Transfer the mixture to a bowl and mix in 1 egg, the breadcrumbs, a drizzle of olive oil and some seasoning. Wet your hands slightly and shape the lentil mixture into 2 [4] patties, about 2cm thick. Set aside.

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

**5. INTO THE FRYING PAN** Place a clean pan over medium heat with a drizzle of oil. Fry the patty [patties] until browned, 2-4 minutes per side. Remove from the pan and set aside.

**6. BEST BURGER EVER** Assemble your burger! Layer up the bottom bun with the salad leaves and one of the lentil patties. Top with half the caramelised onions, and the sultanas. Top with the other patty, then the remaining onion and the gherkins. Close up and serve the potatoes on the side.