



UCOOK

Bunless Beef Burger

**with roasted carrot wedges, tangy mayo
& fresh chives**

The ultimate bunless beef burger! Amped up with melted cheese, sided with charred bell pepper, carrot & blistered tomato wedges, and sprinkled with fresh chives. Super tasty and gratifying!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

Carb Conscious

Vilafonté | Seriously Old Dirt 2021

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into wedges</i>
3g	Fresh Thyme <i>rinse & pick</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
1	Tomato <i>rinse & cut into wedges</i>
1	Onion <i>peel & roughly slice ½</i>
1	Free-range Beef Burger Patty
10ml	NOMU Cajun Rub
20g	Grated Cheddar
20g	Green Leaves <i>rinse</i>
3g	Fresh Chives <i>rinse, pick & finely chop</i>
1 unit	Plain Tangy Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey

1. WORK THOSE WEDGES Preheat the oven to 200°C. Place the carrot wedges and the picked thyme on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy and cooked through, 30-35 minutes. Place the bell pepper pieces and the tomato wedges in a bowl. Coat in oil and season. Set aside.

2. NEXT LEVEL ROAST When the roast reaches the halfway mark, give the tray a shift. Scatter over the bell pepper pieces and the tomato wedges. Roast for the remaining time.

3. CARMELISED ONIONS Place a pan (with a lid) over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

4. EXTRA CHEESE, PLEASE! Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter (optional) and the NOMU rub. Sprinkle the grated cheese over the patty and remove from the heat. Cover with the lid and set aside until the cheese is melted.

5. GRAB THE PLATES Make a bed of the rinsed green leaves. Top with the cheesy patty and the caramelised onion. Side with the roasted veg. Sprinkle over the chopped chives and serve with the mayo for dunking. Delish dish, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil, the picked thyme, and seasoning. Air fry at 200°C until crispy, 25-30 minutes. In the final 10 minutes, add the bell pepper pieces and the tomato wedges.

Nutritional Information

Per 100g

Energy	476kJ
Energy	114kcal
Protein	4.3g
Carbs	5g
of which sugars	2.7g
Fibre	1.4g
Fat	8.4g
of which saturated	2.3g
Sodium	125mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

**Eat
Within
3 Days**