

QCOOK

Eastern Fusion Bunless Chicken Burger

with roasted carrots & a spicy tahini sauce

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jason Johnson

Nutritional Info

	Per 100g	Per Portion
Energy	232kj	1348kj
Energy	55kcal	323kcal
Protein	5.1g	29.8g
Carbs	3g	17g
of which sugars	1g	5g
Fibre	1g	7g
Fat	2.2g	12.8g
of which saturated	0.7g	3.8g
Sodium	62.8mg	365.3mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>trim, peel & cut into wedges</i>
450g	600g	Free-range Chicken Mince
15ml	20ml	Green Curry Paste
2	2	Onions <i>peel, finely dice ½ & finely slice 1</i>
2	2	Garlic Cloves <i>peel & grate</i>
90ml	120ml	Spicy Sauce <i>(45ml [60ml] Lime Juice, 37,5ml [50ml] Low Sodium Soy Sauce, 7,5ml [10ml] Sriracha Sauce)</i>
30ml	40ml	Tahini
30g	40g	Fresh Ginger <i>peel & grate</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey (optional)

Cooking Spray

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 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 garlic and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 6 [8] patties of about 2cm thick. Lightly coat in cooking spray and set aside until frying.

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

4. GOLDEN ONIONS Place a pan over medium heat. When hot, add the onion and lightly coat in cooking spray until golden, 6-7 minutes (shifting occasionally). Remove from the pan and set aside.

5. PERFECT PATTIES When the roast veg has about 10 minutes remaining, return the pan to a high heat. 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 the golden onions. Drizzle over the spiced tahini sauce.