



# UCOOK

## Smashed Beef Pancakes

**with caramelised onions, cheddar cheese  
& roasted garlic mayo**

Put the cinnamon sugar away and let's make some savoury pancakes, Chef! A cheesy-covered smashed beef patty is placed on a homemade pancake with sweet, silky onions, briny gherkins, roasted garlic mayo, and closed with another pancake. Served with a carrot & bell pepper salad.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly slice</i>
600g	Beef Mince
20ml	NOMU Roast Rub
500ml	Pancake Mix <i>(470ml Self-raising Flour &amp; 30ml Sugar)</i>
600ml	Low Fat UHT Milk
200g	Cheddar Cheese <i>roughly slice</i>
40ml	White Balsamic Vinegar
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
240g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
80g	Gherkins <i>drain &amp; roughly slice</i>
2 units	Roasted Garlic Mayo

## From Your Kitchen

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

**1. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**2. PATTY PREP** In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4 balls, of about 1cm thick. Set aside.

**3. PANCAKES PREP** In a bowl, combine the pancake mix with a pinch of salt. Gradually whisk in the milk until a smooth batter. The consistency should be pourable but not too runny.

**4. LET THE FUN BEGIN** Place a non-stick pan over medium heat with a drizzle of oil. When hot, cook 8 small pancakes (about 10cm wide) until bubbles form on the surface and the edges look set, 2-3 minutes. Flip and cook until golden brown, 2-3 minutes.

**5. YOU'RE SMASHING THIS!** Place a pan over medium-high heat with a drizzle of oil. When hot, add the beef balls, using a spatula or burger press, smash the balls flat into a thin patty (about 1cm thick). Cook until the edges are crispy and browned, 1-2 minutes. Flip, add the sliced cheese, cover with a lid and cook until the cheese is melted, 1-2 minutes. You may need to do this step in batches. Remove from the pan.

**6. SOME FRESHNESS** In a salad bowl, combine the vinegar, a drizzle of olive oil, and 20ml of sweetener. Add the shredded leaves, the carrot ribbons, the sliced peppers, seasoning, and toss to combine.

**7. TIME TO DINE** Top 4 of pancakes with the cheesy smashed patty, caramelised onions, and sliced gherkins. Drizzle over the mayo (to taste), then close with the remaining pancakes. Serve the salad on the side and dig in, Chef!

## Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	5.5g
Carbs	10g
of which sugars	3.5g
Fibre	1.2g
Fat	8.6g
of which saturated	2.8g
Sodium	105mg

## Allergens

Cow's Milk, Egg, Gluten, Allium,  
Sulphites

Eat  
Within  
3 Days