



UCCOOK

Eastern Fusion Bunless Ostrich Burger

with roasted carrots & a spicy tahini sauce

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jason Johnson

Nutritional Info	Per 100g	Per Portion
Energy	336kJ	2055kJ
Energy	80kcal	492kcal
Protein	6.3g	38.3g
Carbs	6g	40g
of which sugars	3g	16g
Fibre	2g	10g
Fat	3.1g	19.3g
of which saturated	0.7g	4.1g
Sodium	145.2mg	889.1mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>trim, peel & cut into wedges</i>
450g	600g	Free-range Ostrich Mince
15ml	20ml	Green Curry Paste
2	2	Onions <i>peel, finely dice ½ & finely slice 1</i>
120ml	160ml	Spicy Tahini Sauce <i>(30ml [40ml] Tahini, 45ml [60ml] Lime Juice, 37,5ml [50ml] Low Sodium Soy Sauce, 7,5ml [10ml] Sriracha Sauce)</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
120g	160g	Green Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey (optional)

Cooking Spray

Paper Towel

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), and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 6 [8] patties of about 2cm thick. Set aside until frying.

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

4. GOLDEN ONIONS Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Set aside.

5. PERFECT PATTIES When the roast veg has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil (if necessary). 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 golden onions. Drizzle over the spiced tahini sauce.