



UCOOK

The Ultimate Ostrich Burger

with caramelised onions, That Mayo & carrot fries

Burgers are pretty much a perfect food. Here we've got a juicy homemade ostrich patty sandwiched between a toasty, cheesy bun, along with caramelised onions, fresh green leaves and tomato slices. Oh, and did we mention there's carrot fries on the side?

Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Ella Nasser

 Easy Peasy

 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

| | |
|-------|---|
| 480g | Carrot <i>cut into wedges</i> |
| 600g | Free-range Ostrich Mince |
| 4 | Garlic Cloves <i>peeled & grated</i> |
| 40ml | NOMU Provençal Rub |
| 2 | Onions <i>½ finely diced & ½ finely sliced</i> |
| 4 | Burger Buns <i>defrosted & halved</i> |
| 200g | Grated Cheddar & Mozzarella Cheese Mix |
| 80g | Green Leaves <i>rinsed & shredded</i> |
| 2 | Plum Tomatoes <i>½ sliced into thin rounds & ½ diced</i> |
| 160ml | That Mayo (Original) |

From Your Kitchen

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

1. EDGY VEGGIE Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

2. GET YOUR HANDS DIRTY In a bowl, add the mince, the grated garlic, the rub, the diced onion, an egg, and some seasoning. Mix until fully combined. Shape the mixture into 4 patties, a little wider than your burger buns.

3. CARAMEL ONIONS Place a pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the sliced onion and fry for 10-12 minutes, shifting occasionally, until soft and starting to caramelise. Reduce the heat and mix in a sweetener of choice. Fry for a further 4-5 minutes, shifting regularly, until sticky and caramelised. Transfer to a bowl, and cover to keep warm.

4. JUICY PATTY Wipe down the pan and return it to a medium-high heat with a drizzle of oil. When hot, fry the patties for 2-3 minutes per side until browned and cooked through. (This time frame will yield a medium-rare result.) Remove from the pan and set aside to rest for at least 5 minutes.

5. BUN IN A MILLION Return the pan, wiped down, to a medium high heat. Butter the halved burger buns or drizzle with oil. When the pan is hot, toast the halved buns, cut-side down until warmed through and starting to brown. Remove from the pan and sprinkle the cheese on the bottom halves of the buns. Place in the oven cheese side up for 2 minutes until the cheese starts to melt.

6. BURGER FEAST! Place the shredded green leaves on the cheese-covered bun halves and top with the sliced tomato, the patty and the caramelised onions. Smear the other bun half with some mayo. Pile the carrot chips on the side with the remaining mayo for dipping. Toss the remaining green leaves with the diced tomatoes and serve on the side. Scrumptious!



Chef's Tip

Make a shallow indentation in the centre of each patty when shaping them - this will help prevent them from puffing up as they cook.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 601kJ |
| Energy | 144Kcal |
| Protein | 8g |
| Carbs | 13g |
| of which sugars | 3.1g |
| Fibre | 1.6g |
| Fat | 6.3g |
| of which saturated | 2.3g |
| Sodium | 192.3mg |

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 3
Days