

UCOOK

Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

This dish is a win all around, Chef! Enjoy a medley of fresh greens & veggies you'd expect on a burger, with a juicy beef patty, a very tasty dressing and a side of charred green beans.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

Carb Conscious

Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

45ml	White Wine Vinegar
2	Onions <i>peel & finely slice 1½</i>
120ml	Salad Dressing <i>(45ml Low Fat Plain Yoghurt, 15ml Tomato Sauce, 15ml Wholegrain Mustard & 45ml Mayo)</i>
30ml	NOMU One For All Rub
2	Avocados
240g	Green Beans <i>rinse & trim</i>
450g	Free-range Beef Burger Patties
60g	Salad Leaves <i>rinse & roughly shred</i>
3	Tomatoes <i>rinse & cut into bite-sized pieces</i>
60g	Gherkins <i>drain & cut into rounds</i>
15g	Pumpkin Seeds

From Your Kitchen

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

1. PICKLE & DRESSING In a bowl, combine the vinegar, 15ml of sweetener, and seasoning. Add the sliced onion and set aside to pickle. Drain just before serving. In a small bowl, combine the salad dressing, ½ the NOMU rub, a sweetener (to taste), and seasoning. Set aside.

2. ALWAYS ROOM FOR AVO Halve the avocados and set aside one of the halves for another meal. Remove the skin, thinly slice the avocado flesh, and season.

3. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. SIZZLE AWAY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked to your preference, 3-4 minutes per side. In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and season.

5. BEST BURGER EVER! Make a bed of shredded salad leaves. Top with the beef patties, the charred green beans, the tomato chunks, the seasoned avocado slices, the gherkin rounds, and the drained pickled onion (to taste). Drizzle over the salad dressing, and sprinkle over the pumpkin seeds. Cheers!



Chef's Tip

Toast the pumpkin seeds in a pan over medium heat until golden brown, 3-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	499kj
Energy	119kcal
Protein	4.9g
Carbs	6g
of which sugars	2.4g
Fibre	2.4g
Fat	8.2g
of which saturated	2g
Sodium	94mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days