



UCCOOK

Vegan Portuguese BBQ Roll

with **On The Green Side** tenders

We're giving you a veggie-friendly BBQ roll to try this week! Perfectly pan-fried On The Green Side tenders sit atop a toasted Portuguese roll smothered in BBQ sauce and topped with caramelised onions. Sided with a herby-lemon carrot & cabbage slaw, and sprinkled with sunflower seeds. Vamos, Chef!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

10g	Sunflower Seeds
30ml	Lemon Juice
100g	Cabbage <i>½ rinsed & finely sliced</i>
120g	Carrot <i>rinsed, trimmed, & peeled into ribbons</i>
3g	Fresh Chives <i>rinsed & finely sliced</i>
1	Onion <i>½ peeled & finely sliced</i>
150g	On The Green Side Tenders
50ml	BBQ Sauce
1	Portuguese Roll <i>halved</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. ZESTY SLAW In a bowl, toss together the lemon juice, the sliced cabbage, the carrot ribbons, the sliced chives, a drizzle of olive oil, and seasoning. Set aside.

3. SWEET ONIONS Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until caramelised, 7-9 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, cover, and set aside.

4. PAN-FRIED PERFECTION Using a fork, pull apart and shred the tenders. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the shredded tenders until browned and warmed through, 1-2 minutes (shifting occasionally). Mix in the BBQ sauce, remove from the pan, and set aside.

5. RAVING ROLLS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved roll, cut-side down, until browned, 2-3 minutes.

6. GREAT WORK! Top the bottom half of the roll with the shredded salad leaves, the BBQ tenders, and the caramelised onions. Side with the lemony slaw and garnish with the toasted seeds. Cheers, Chef!

Nutritional Information

Per 100g

Energy	490kJ
Energy	117kcal
Protein	5.9g
Carbs	15g
of which sugars	3.6g
Fibre	2.5g
Fat	3.5g
of which saturated	0.3g
Sodium	183mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 3
Days