



UCCOOK

Beef Crunch Tortilla

with roast potato rounds & smoky mayo

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	697kJ	6055kJ
Energy	167kcal	1449kcal
Protein	6.6g	57.6g
Carbs	15g	132g
of which sugars	2.9g	25.6g
Fibre	2g	17.4g
Fat	8.6g	74.5g
of which saturated	3.2g	27.5g
Sodium	200mg	1735mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & slice into rounds</i>
10ml	20ml	Ground Paprika
1	1	BBQ Mayo
1	1	Onion <i>peel & roughly slice ½ [1]</i>
150g	300g	Beef Patty/ies
2	4	Wheat Flour Tortillas
1	1	Tomato <i>rinse & slice into thin rounds</i>
20g	40g	Gherkins <i>drain & slice</i>
50g	100g	Grated Cheddar Cheese
10g	20g	Salad Leaves <i>rinse</i>
20g	40g	Santa Anna's Corn Nachos

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter

1. PAPRIKA POTATOES Preheat the oven to 200°C. Spread the potatoes on a roasting tray. Coat in oil, paprika, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SWEET ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. MAKE MINI PATTIES Return the pan over medium-high heat with a drizzle of oil. Divide the patty [patties] into equal halves, forming them into smaller patties. When hot, fry until browned and cooked to your preference, 2-3 minutes per side. Remove from the pan and season.

4. TASTY TORTILLA Place each of the tortillas onto a flat surface, add ½ of the BBQ mayo to the centre, about the size of one of your patties. Add the sliced tomato and gherkin. Top with the cooked patty, cheddar cheese, caramelised onions, and salad leaves. Finally, crumble the corn nachos on top, and fold the outsides of the tortilla into the middle.

5. FRY FOR FLAVOUR Return the pan to a medium heat. Add a knob of butter, and carefully place the crunch tortilla with the folded side down and allow it to seal, 2-3 minutes, before turning it and toasting the other side.

6. DELICIOUS, CHEF! Plate up the beef crunch tortillas, side with crispy potato rounds, and serve with the remaining BBQ mayo.