



# UCOOK

## Superb Pork Patties

**with roasted beetroot & sun-dried tomatoes**

This unique twist on a classic burger is so quick and easy, you won't believe it! Roasted beetroot & red onion are served alongside flavour-packed homemade pork patties and a fresh leafy sun-dried tomato salad. Easy as 1, 2, 3!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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Carb Conscious

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 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

1,2kg	Beetroot Chunks <i>cut into bite-sized pieces</i>
2	Onions <i>peel &amp; cut into wedges</i>
600g	Pork Mince
2	Garlic Cloves <i>peel &amp; grate</i>
10g	Fresh Rosemary <i>rinse, pick &amp; roughly chop</i>
40ml	NOMU One For All Rub
80g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
2	Lemons <i>rinse, zest &amp; cut into wedges</i>
80g	Salad Leaves <i>rinse</i>
60g	Almonds
120g	Danish-style Feta <i>drain</i>
4 units	Roasted Garlic Mayo

## From Your Kitchen

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

**1. TURN UP THE BEET** Preheat the oven to 200°C. Place the beetroot pieces and the onion wedges on a roasting tray, coat in oil, and season. Roast in the oven until cooked through and crispy, 35-40 minutes (shifting at the halfway mark).

**2. PERFECT PATTIES** Place the pork mince in a bowl. Add the grated garlic, ½ of the chopped rosemary, the NOMU rub, ¼ of the chopped sun-dried tomatoes, a squeeze of lemon juice (to taste), 2 tbsp of cold water, and seasoning. Mix until combined. Shape into 8 patties about 2 cm thick.

**3. FRESH SALAD** In a salad bowl, combine 20ml of olive oil, a squeeze of lemon juice, seasoning, and a sweetener (to taste). Toss through the rinsed salad leaves, the remaining sun-dried tomatoes, and the lemon zest (to taste).

**4. TOASTED ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. PATTY PARTY** Return the pan to medium heat with a drizzle of oil. When hot, fry the patties until cooked through and slightly charred, 2-3 minutes per side.

**6. GET NOSHING** Plate up the roasted beets & onion. Side with the golden patties and the fresh salad. Crumble the drained feta over the salad. Garnish with the toasted almonds, any remaining lemon wedges, and the remaining rosemary. Serve with the mayo for dunking. Easy peasy!



## Chef's Tip

Air fryer method: Coat the beetroot and onion wedges in oil and season. Air fry at 200°C until crispy and cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	508kJ
Energy	121kcal
Protein	5.5g
Carbs	6g
of which sugars	2g
Fibre	2g
Fat	8g
of which saturated	2.5g
Sodium	153mg

## Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
1 Day