

# U C O O K

— COOKING MADE EASY

## THE BEYOND BURGER

**with sweet potato wedges, cashew cream cheese & That Mayo vegan mayo**

Enter burger paradise with layer upon layer of heavenly ingredients: cabbage slaw, fresh lettuce and tomato, chipotle cashew cream cheese, roast garlic mayo, and a Beyond Burger patty! Indulge knowing you're doing good for the environment and your body.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Klaudia Weixelbaumer

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 **Vegetarian**

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
2g	Fresh Rosemary <i>rinsed &amp; picked</i>
1	Garlic Clove
75g	Shredded Red and Green Cabbage
10ml	Cabernet Sauvignon Vinegar
1	Plum Tomato <i>one half rinsed and sliced</i>
1	Beyond Burger Patty
1	Schoon Vegan Burger Bun <i>halved</i>
25ml	That Mayo Vegan Mayo
20ml	Chipotle Cashew Cream Cheese
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. CRISPY WEDGES** Preheat the oven to 200°C. Place the sweet potato wedges, the rinsed rosemary leaves, and the whole, unpeeled garlic clove on a roasting tray. Coat in oil and season to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. FRESHEN UP** Place the shredded cabbage in a bowl. Toss through the cab sauv vinegar, a drizzle of olive oil, and some salt. Set aside to marinate until serving. Season the tomato slices with salt and set aside for assembling the burger.

**3. BEYOND BURGER PATTY** When the wedges have 10 minutes to go, place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the Beyond Burger patty for 5-8 minutes per side until heated through and starting to brown. Remove from the pan on completion and set aside.

**4. TOASTY BUNS & MAYO** Place the halved bun in the oven cut-side up for 1-2 minutes until lightly golden and heated through, and remove on completion. When the sweet potato wedges are ready, remove from the oven and discard the skin from the garlic. Mash up the flesh and stir it through the vegan mayo.

**5. STACK IT UP!** Smear some garlic mayo on the bottom half of the warm bun and place the Beyond Burger patty on top. Layer with the tomato slices, rinsed green leaves, and cabbage slaw. Finish with a dollop of chipotle cashew cream cheese and close up with the other half of the bun. Dish up some roast sweet potato wedges alongside it and serve with the remaining garlic mayo for dipping your wedges. Dig in! (With your hands, of course!)



## Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

## Nutritional Information

Per 100g

Energy	612kJ
Energy	146Kcal
Protein	5.5g
Carbs	17g
of which sugars	3.3g
Fibre	2.1g
Fat	5.5g
of which saturated	1.4g
Sodium	173mg

## Allergens

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

Cook  
within 1  
Day