



U C O O K

— COOKING MADE EASY

Buffalo Chicken Bunless Burgers

with a healthy ranch dressing, gem lettuce & roast sweet potato

Summer's around the corner, so it's time for bunless burgers to shine. This one tastes naughty, but is oh-so-nice. Chicken patties flavoured with our 'buffalo' spice, sweet potato, fresh slaw, and drippings of silky ranch dressing: a carb-conscious treat!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Health Nut**

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Ingredients & Prep

250g	Sweet Potato Chunks <i>cut into bite-size pieces</i>
15ml	Buffalo Spice <i>(7.5ml NOMU Spanish Rub & 7.5ml NOMU BBQ Rub)</i>
150g	Free-Range Chicken Mince
2.5ml	NOMU One For All Rub
82.5ml	Ranch Dressing <i>(60ml Yoghurt, 20ml Buttermilk & 2.5ml Dijon Mustard)</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
75g	Shredded Green Cabbage & Julienne Carrot
20g	Gem Lettuce <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. BUFFALO ROAST SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil, half of the buffalo spice, and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. MAKE THE SPICY PATTIES Place the chicken mince in a bowl. Combine with the remaining buffalo spice to taste and lightly season. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 patties of about 2cm thick. Set aside until time to fry.

3. RANCH DRESSING Place a small pot over a medium heat with 1 tbsp of oil. When hot, fry the One For All Rub for 30-60 seconds until fragrant, then remove the pot from the heat. Add in the ranch dressing and three-quarters of the chopped chives. Whisk together with the juice of 1 lemon wedge and some seasoning. Once well combined, pop on a lid and set aside to keep warm until serving.

4. FRY THOSE BUNLESS BABIES! When the sweet potato has 10 minutes remaining, place a pan over a high heat with a drizzle of oil. When hot, fry the chicken patties for 4-5 minutes per side until golden, gently pressing them down with a spatula to ensure they cook all the way through. Remove from the heat on completion and allow to rest in the pan for 2 minutes before serving.

5. CREAMY RANCH SLAW Place the cabbage and carrot in a bowl and pour in half of the ranch dressing. Season to taste and toss until coated.

6. FILL YOUR BOWL! Dish up the steamy roast sweet potato next to some ranch slaw. Scatter over the shredded lettuce and top with the juicy chicken patties. Garnish with the lemon zest to taste and sprinkle over the remaining chopped chives. Cover in drizzles of the remaining ranch dressing (to your preference) and serve with a lemon wedge on the side. Yeehaw!



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! Slice them into thin strips or wedges and shallow fry them for healthier crispy fries.

Nutritional Information

Per 100g

Energy	364kJ
Energy	87Kcal
Protein	5.8g
Carbs	10g
of which sugars	3.6g
Fibre	1.7g
Fat	2.5g
of which saturated	0.8g
Sodium	228mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days