



UCCOOK

Brilliant Bhaji Burger

with sweet potato wedges, zesty yoghurt & sambal

This juxtaposition of Indian cuisine with the classic American burger is an absolute dream. A bhaji patty topped with chutney, a fresh & colourful sambal and zesty herb-laced yoghurt, all sandwiched together with a fluffy burger bun. Served with spiced sweet potato wedges. A fusion dream!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
7,5ml	NOMU Indian Rub
8g	Mixed Herbs <i>(4g Fresh Coriander & 4g Fresh Mint)</i>
1	Tomato <i>½ diced</i>
1	Red Onion <i>½ peeled & finely diced</i>
50g	Cucumber <i>½ finely diced & ½ sliced into rounds</i>
1	Fresh Chilli <i>trimmed, de-seeded & finely sliced</i>
1	Lemon <i>½ zested & cut into wedges</i>
100ml	Low Fat Plain Yoghurt
75ml	Bhaji Mix
1	Burger Bun <i>halved</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. GOLDEN WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil, ½ the NOMU rub and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. 1, 2, 3, SAMBAL Rinse, pick and roughly chop the mixed herbs. In a small bowl, add the diced tomato, a ¼ of the diced onion, the diced cucumber, ½ the mixed herbs, ½ the sliced chilli (to taste), the juice from 1 lemon wedge, a drizzle of olive oil, and seasoning. Mix until fully combined. In a separate bowl combine the yoghurt with ½ of the remaining herbs, seasoning, and the lemon zest (to taste). Set aside for serving.

3. BHAJI BATTER In a bowl, combine the bhaji mix with the remaining rub. Gradually mix in 25ml of water until it forms a smooth batter. It should be the consistency of paste. If it's too thick, loosen with more water in 5ml increments until the desired consistency. Stir through the remaining diced onion.

4. FRYING FRENZY Place a pot over a medium-high heat and fill with 4-5cm of oil. When hot, scoop in the batter to form a bhaji patty and deep fry until cooked through and golden, 2-3 minutes per side. Drain on paper towel and season.

5. PERFECT BUNS Place a pan over a medium heat. Spread butter on the cut side of the halved bun or brush with oil. Place cut-side down in the pan and toast until crisp, 1-2 minutes.

6. BHAJI BURGER TIME Smear some of the zesty raita on the toasted bun half. Top with the cucumber rounds and pop on the bhaji patty. Serve with the roast sweet potato wedges, side with the sambal and serve the remaining raita on the side for dipping. You've earned it, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato in oil and season. Air fry at 200°C for 15-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	430kJ
Energy	103kcal
Protein	3.4g
Carbs	16g
of which sugars	4.2g
Fibre	1.5g
Fat	1.7g
of which saturated	0.8g
Sodium	106mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Soy

Cook
within
4 Days