



UCCOOK

Green Fields Vegan Burger & Crisps

with a minty mayo

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1087kJ	3923kJ
Energy	260kcal	940kcal
Protein	9.3g	33.5g
Carbs	27g	96g
of which sugars	9.3g	33.5g
Fibre	3.2g	11.6g
Fat	13.3g	48g
of which saturated	2g	7.3g
Sodium	395mg	1424mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180ml	240ml	Chutney Mayo <i>(30ml [40ml] Mrs Balls Chutney & 150ml [200ml] Mayo)</i>
8g	10g	Fresh Mint <i>rinse, pick & finely chop</i>
3	4	Burger Buns
3	4	Green Fields Vegan Burger Patties
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>
3 packs	4 packs	Rootstock Potato Crisps

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter Alternative (optional)
Paper Towel

1. **MINTY MAYO** In a small bowl, mix together the chutney mayo and the mint. Season and set aside.

2. **TOASTED BUN** Halve the burger buns, and spread plant-based butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

3. **PERFECT PATTY** Remove the patties from the freezer. Place a pan or grill pan over medium-high heat with a generous drizzle of oil. When hot, fry the patties until browned, 3-4 minutes per side. Remove from the pan and drain on paper towel.

4. **LET'S PLATE UP!** Smear the minty mayo on the bottom half of the burger bun. Top with the juicy patty. Layer up the salad leaves and the pickled onions and top with the other half of the bun. Side the burger with the potato crisps. There you have it, Chef!