



Eat Within 3 Days

QCOOK

Peri-peri Charcoal Burger

with a **Green Fields Vegan Burger Patty & potato wedges**

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Antigo

Nutritional Info

	Per 100g	Per Portion
Energy	531kJ	3480kJ
Energy	127kcal	834kcal
Protein	5.5g	36.2g
Carbs	18g	115g
of which sugars	2.7g	17.7g
Fibre	2.1g	14g
Fat	3.9g	25.6g
of which saturated	0.4g	2.6g
Sodium	159mg	1044mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

Spice Level: None

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Potato <i>rinse & cut into wedges</i>
1	1	Onion <i>peel & roughly slice</i>
1	2	Charcoal Bun/s
1	2	Green Fields Premium Burger Patty/ies
40ml	80ml	Peri-peri Mayo <i>(15ml [30ml] Colleen's Peri-peri Sauce & 25ml [50ml] Mayo)</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Gherkins <i>drain & slice</i>

From Your Kitchen

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

1. CRISPY WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SWEET, SILKY ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. ON A ROLL Halve the bun/s and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

4. JUICY PATTY Remove the patty [patties] from the freezer. Return a pan to medium-high heat with a drizzle of oil. Fry the patty [patties] until browned, 2-3 minutes per side. Remove from the pan.

5. BEST BURGER EVER Place the burger bun/s, cut-side up, on a plate. Smear some peri-peri mayo (to taste) on the bottom half of the bun and top with the green leaves, the gherkins, the patty [patties], and the onions. Side with the crispy wedges and any extra mayo for dipping. Well done, Chef!