

UCCOOK

Blissful Beef Patty Bowl

with coriander & chilli pesto

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Piekenierskloof | Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	553kJ	3971kJ
Energy	132kcal	950kcal
Protein	7.1g	51.2g
Carbs	8g	55g
of which sugars	1.6g	11.5g
Fibre	4.1g	29.4g
Fat	9.8g	70.4g
of which saturated	2.4g	17.2g
Sodium	298mg	2145mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	100g	Cabbage <i>thinly shred</i>
15ml	30ml	Lemon Juice
15ml	30ml	Pesto Princess Coriander & Chilli Pesto
50ml	100ml	Low Fat Cottage Cheese
5g	10g	Sunflower Seeds
60g	120g	Tinned Lentils <i>drain & rinse</i>
5ml	10ml	Greek Seasoning
150g	300g	Beef Patty/ies
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

1. **LET'S GO!** In a bowl, combine the cabbage with lemon juice and some seasoning. Set aside. In another small bowl, combine the pesto and the cottage cheese. Season and set aside.

2. **SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **LEKKER LENTILS** Return the pan to medium heat with a drizzle of oil. Fry the lentils until golden and beginning to crisp up, 6-8 minutes (shifting constantly). In the final 2-3 minutes, add the Greek seasoning. Remove from the pan and set aside.

4. **INTO THE FRYING PAN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned, 2-4 minutes per side. Remove from the pan.

5. **WHAT A FEAST** Plate up your dinner, buddha bowl style, starting with the cabbage, cucumber, crispy lentils, and avo. Top with the patty/ies and dollop over the creamy pesto. Enjoy, Chef!