



QCOOK

Smashed Beef Pancakes

with caramelised onions, cheddar cheese & mayo

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	516kJ	5336kJ
Energy	123kcal	1276kcal
Protein	5.5g	57g
Carbs	11g	113g
of which sugars	3.5g	36.4g
Fibre	1.2g	12.4g
Fat	6.6g	68.7g
of which saturated	2.5g	25.5g
Sodium	104mg	1072mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice</i>
150g	300g	Beef Mince
5ml	10ml	NOMU Roast Rub
125ml	250ml	Pancake Mix <i>(117.5ml [235ml] Self-raising Flour & 7.5ml [15ml] Sugar)</i>
150ml	300ml	Low Fat UHT Milk
50g	100g	Cheddar Cheese <i>roughly slice</i>
10ml	20ml	White Balsamic Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
120g	120g	Carrot <i>rinse, trim & peel ¼ [½] into ribbons</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
20g	40g	Gherkins <i>drain & roughly slice</i>
50ml	100ml	Hellmann's Tangy Mayonnaise

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter (optional)

1. CARAMELISED ONION 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.

2. PATTY PREP In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 1 [2] balls, of about 1cm thick. Set aside.

3. PANCAKES PREP In a bowl, combine the pancake mix with a pinch of salt. Gradually whisk in the milk until a smooth batter. The consistency should be pourable but not too runny.

4. LET THE FUN BEGIN Place a non-stick pan over medium heat with a drizzle of oil. When hot, cook 2 [4] small pancakes (about 10cm wide) until bubbles form on the surface and the edges look set, 2-3 minutes. Flip and cook until golden brown, 2-3 minutes. Remove from the pan.

5. YOU'RE SMASHING THIS! Place a pan over medium-high heat with a drizzle of oil. When hot, add the beef ball/s, using a spatula or burger press, smash the balls flat into a thin patty (about 1cm thick). Cook until the edges are crispy and browned, 1-2 minutes. Flip, add the cheese, cover with a lid and cook until the cheese is melted, 1-2 minutes. Remove from the pan.

6. SOME FRESHNESS In a salad bowl, combine the vinegar, a drizzle of olive oil, and 5ml of sweetener. Add the salad leaves, the carrot, the peppers, seasoning, and toss to combine.

7. TIME TO DINE Top 1 [2] of pancakes with the cheesy smashed patty, caramelised onions, and gherkins. Drizzle over the mayo (to taste), then close with the remaining pancake. Serve the salad on the side and dig in, Chef!