



UCCOOK

Coca-Cola's Veggie Bobotie Burger

with roasted cauliflower & cucumber

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Coca-Cola

Pairing: Drink | Coca-Cola

Nutritional Info

	Per 100g	Per Portion
Energy	540kJ	4058kJ
Energy	129kcal	972kcal
Protein	6.1g	46g
Carbs	22g	167g
of which sugars	6.5g	48.6g
Fibre	4.7g	35g
Fat	1.9g	13.9g
of which saturated	0.9g	6.4g
Sodium	128mg	965mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
20ml	40ml	Bobotie Spice <i>(7,5ml [15ml] NOMU Indian Rub, 5ml [10ml] Cornflour & 7,5ml [15ml] Medium Curry Powder)</i>
1	1	Onion <i>peel, finely dice ¼ & roughly slice ¾</i>
10g	20g	Golden Sultanas
30ml	60ml	Mrs Balls Chutney
120g	240g	Tinned Lentils <i>drain & rinse</i>
40g	80g	Grated Mozzarella Cheese
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Panko Breadcrumbs
1	2	Burger Bun/s
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Butter (optional)
Blender

1. BOBOTIE-SPICED CAULI Preheat the oven to 200°C. Spread the cauliflower on a roasting tray. Coat in oil, ½ the bobotie spice, and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

2. CHUTNEY & SULTANA ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add the sultanas and the chutney. Remove from the pan, season, and cover.

3. LENTIL PATTY Add the lentils, the diced onion, the garlic, the cheese and the remaining bobotie spice to a food processor or blender. Pulse until everything has been chopped well but not too finely (don't over-blend - it doesn't need to be smooth!). Transfer the mixture to a bowl and mix in 1 egg, the breadcrumbs, a drizzle of olive oil and some seasoning. Wet your hands slightly and shape the lentil mixture into 2 [4] patties, about 2cm thick. Set aside.

4. TOASTY BUN Halve the burger bun/s, and spread butter or oil over the cut side. Return the pan, wiped clean, to medium heat. Toast the bun/s, cut-side down, until golden, 1-2 minutes.

5. INTO THE FRYING PAN Place a clean pan over medium heat with a drizzle of oil. Fry the patty/ies until browned, 2-4 minutes per side. Remove from the pan and set aside.

6. BEST BURGER EVER Assemble your burger! Layer up the bottom bun with the green leaves and one of the lentil patties. Top with half the caramelised onions, and the sultanas. Top with the other patty, then the remaining onion and half of the cucumber. Toss together the golden cauli any remaining leaves and cucumber to serve on the side.