



UgCOOK

Quick Beef Sliders & Creamy Slaw

with green leaves & gherkins

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	940kJ	4523kJ
Energy	225kcal	1082kcal
Protein	9.3g	44.8g
Carbs	16g	77g
of which sugars	4.2g	20.2g
Fibre	1.1g	5.4g
Fat	13.8g	66.3g
of which saturated	3.8g	18.4g
Sodium	229mg	1100mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	NOMU Italian Rub
3	6	Beef Meatballs
30g	60g	Grated Mozzarella Cheese
3	6	Slider Buns
30ml	60ml	Mayo
20ml	40ml	Low Fat Plain Yoghurt
75g	150g	Shredded Cabbage
5ml	10ml	Dijon Mustard
20g	20g	Green Leaves <i>rinse</i>
20g	40g	Gherkins <i>drain & slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter (optional)

Seasoning (salt & pepper)

1. MAKE MEATBALLS INTO PATTIES Squash the meatballs flat to form mini patties and coat with the NOMU rub. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-3 minutes per side. In the final 30 seconds, sprinkle over the cheese until melted. Remove from the pan.

2. A TOAST TO YUM Halve the slider buns, and spread butter (optional) 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. CREAMY SLAW In a bowl, combine ½ the mayo, the yoghurt, the shredded cabbage, and seasoning.

4. BURGER, I MEAN, SLIDER NIGHT! Smear the bottom toasted bun halves with the remaining mayo and the top toasted bun halves with the mustard. Top the bottom bun halves with the green leaves, the cheesy patties, and the gherkins. Season and close up with the top bun halves. Side with the creamy cabbage slaw.