



UCOOK

Charred Pineapple & Beef Burger

with a pickled carrot, crispy chickpea & dried mango salad

Send your tastebuds into overdrive with this tropical twist on a classic beef burger. A toasted burger bun is smeared with honey mustard mayo topped with tender beef patties, sliced tomato, a charred pineapple ring, and crumbled feta. Accompanied by a loaded salad packed with pickled carrot ribbons, crispy chickpeas, and dried mango.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Chris Dugmore

 Quick & Easy

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

20ml	Red Wine Vinegar
120g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
60g	Chickpeas <i>drained & rinsed</i>
1	Free-range Wagyu Beef Patty
2	Tinned Pineapple Rings <i>drained</i>
1	Burger Bun
20g	Salad Leaves <i>rinsed & roughly chopped</i>
10g	Dried Mango <i>roughly chopped</i>
1	Tomato <i>rinsed, ½ thinly sliced into rounds & ½ roughly diced</i>
1 unit	Honey Mustard Mayo
25g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. IN A PICKLE In a bowl, combine the vinegar with 1 tbsp of water, 1 tsp of sweetener, and seasoning. Add the carrot ribbons and set aside.

2. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. BURGER PATTIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty until browned, 2-4 minutes per side. Remove from the pan.

4. CHARRED PINEAPPLE Place a pan or a grill pan over medium heat with a drizzle of oil. When hot, fry the drained pineapple rings until lightly charred, 1-2 minutes per side. Remove from the pan. Roughly chop ½ the charred pineapple for the salad, keeping aside a complete ring for the burger.

5. TOAST THE BUNS Halve the burger bun and spread butter (optional) or oil over the cut-side. Return the pan, wiped down if necessary, to medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

6. JUST BEFORE SERVING Drain the pickling liquid from the carrots. Place the pickling liquid in a bowl, add a drizzle of olive oil, and mix to emulsify. In a salad bowl, combine the pickled carrot, the chopped pineapple, the shredded leaves, the crispy chickpeas, the chopped mango, and the diced tomato. Add the dressing (to taste) and toss together.

7. DINNER IS READY Place the burger bun, cut-side up, on a plate. Smear with the mayo, and top with the charred patty, the sliced tomato, the charred pineapple ring, and ½ the crumbled feta. Serve alongside the loaded salad topped with the remaining feta, and dollop over any remaining mayo. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	702kJ
Energy	168kcal
Protein	6.3g
Carbs	13g
of which sugars	5.6g
Fibre	1.6g
Fat	9.4g
of which saturated	3.1g
Sodium	154.9mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 3
Days