



# UCOOK

## Beef Ciabatta Roll

with fries & mayo

You are going to smash this recipe out of the park, Chef! A smashed, caramelised beef patty is nestled between fresh greens, briny gherkins, & thick, creamy mayo. Side with NOMU BBQ-spiced potato fries.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Malbec

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## Ingredients & Prep

800g	Potato <i>peel (optional) &amp; cut into thick chips</i>
20ml	NOMU BBQ Rub
4	Beef Burger Patties
4	Ciabatta Rolls
160ml	Mayo
80g	Green Leaves <i>rinse &amp; roughly shred</i>
40g	Gherkins <i>drain &amp; thinly slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. NOM-NOM NOMU FRIES** Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. SMASHED PATTIES** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties, using a heavy spatula to evenly smash the patties down firmly until they're very thin and caramelised, 2-3 minutes per side. Remove from the pan and season.

**3. ON A ROLL** Halve the rolls, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the rolls, cut-side down, until golden, 1-2 minutes.

**4. LAYERS OF FLAVOUR** Assemble by laying down one side of the toasted rolls and smearing over ½ the mayo. Top with the shredded leaves, the beef patties, the sliced gherkins (to taste), and close with the other half of the roll. Cut the rolls in half before serving.

**5. WHAT A GREAT BITE!** Serve up your loaded ciabatta rolls with the fries alongside and the remaining mayo on the side for dunking.



## Chef's Tip

Air fryer method: Coat the dried potato fries in oil, the NOMU rub, and season.

Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	811kJ
Energy	194kcal
Protein	7.8g
Carbs	17g
of which sugars	2g
Fibre	1.8g
Fat	10.4g
of which saturated	2.5g
Sodium	193mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat  
Within  
3 Days