



UCCOOK

Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	524kJ	4290kJ
Energy	125kcal	1027kcal
Protein	4.6g	38g
Carbs	6g	50g
of which sugars	2.1g	16.8g
Fibre	2.8g	22.7g
Fat	9.2g	75.4g
of which saturated	2.2g	17.9g
Sodium	68mg	560mg

Allergens: Cow's Milk, Soya, Egg, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	White Wine Vinegar
1	1	Onion <i>peel & finely slice ½ [1]</i>
40ml	80ml	Salad Dressing <i>(15ml [30ml] Low Fat Plain Yoghurt, 5ml [10ml] Tomato Sauce, 5ml [10ml] Wholegrain Mustard & 15ml [30ml] Mayo)</i>
10ml	20ml	NOMU One For All Rub
5g	10g	Pumpkin Seeds
80g	160g	Green Beans <i>rinse</i>
1	2	Beef Patty/ies
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>
20g	40g	Gherkins <i>drain & cut into rounds</i>

From Your Kitchen

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

1. PICKLE & DRESSING In a bowl, combine the vinegar, 5ml [10ml] of sweetener, and seasoning. Add the onion and set aside to pickle. Drain just before serving. In a small bowl, combine the salad dressing, ½ the NOMU rub, a sweetener (to taste), and seasoning. Set aside.

2. TOASTY Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. SIZZLE AWAY Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned and cooked to your preference, 3-4 minutes per side. In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and season.

5. BEST BURGER EVER! Make a bed of salad leaves. Top with the beef patty [patties], the green beans, the tomato, the avocado, the gherkins, and the pickled onion (to taste). Drizzle over the salad dressing, and sprinkle over the pumpkin seeds. Cheers!