

UCOOK

Vegan OUTCAST Burger

with avocado, spicy corn salsa & sweet potato wedges

A simple and yummy solution to meat-free Mondays! Imagine sinking your teeth into a perfectly seared patty, boasting a delightful combination of plant-based goodness. The patty is complemented by crispy Mexican-spiced sweet potato wedges. A zesty corn and jalapeño salsa and dollops of creamy mayo completes the experience and makes it a family dinner winner.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Rhea Hsu

Fan Faves

Strandveld | Skaamgesiggie MCC Brut Rosé

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Ingredients & Prep

2

45g

12g

2

750g Sweet Potato rinsed & cut into wedges

15ml NOMU Mexican Spice Blend Corn 150g

> Tomatoes 1½ roughly diced Sliced Pickled Jalapeños drained & roughly

chopped Fresh Coriander rinsed & picked

Lemons cut into wedges

80ml That Mayo (Vegan)

2 Avocados

3 **OUTCAST Burger Patties** kept frozen

Vegan Burger Buns 3

60g Green Leaves rinsed

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper

1. WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Remove from the oven and sprinkle over ½ the NOMU spice blend.

2. CORN SALSA Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and place in a bowl along with the diced tomato/es, the chopped jalapeño, ½ the picked coriander, a squeeze of lemon juice, a sweetener, and seasoning. Set aside. Loosen the mayo with a splash of warm water.

3. AVO Halve the avocados and set aside one of the halves for another. meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Sprinkle over the remaining NOMU spice blend and season.

4. OUTCAST PATTY Remove the patties from the freezer. Return the pan to medium heat with a generous drizzle of oil. When hot, fry the patties until browned, 3-4 minutes per side. Remove from the pan and drain on paper towel.

5. BURGER BUNS Halve the burger buns, and spread oil over the cut-side. Return the pan (wiped down) to a medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

6. ASSEMBLY TIME! Smear the burger buns with ½ the loosened mayo. Top with the rinsed green leaves, the seasoned avocado slices, the seared patties, and the corn & jalapeño salsa. Side with the Mexican-spiced sweet potato wedges and garnish with the remaining picked coriander. Serve with the remaining mayo for dunking. Cheers, Chef!



Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100a

Energy	629k
nergy	150kca
Protein	46
Carbs	20
of which sugars	3.5
ibre	66
⁼ at	5.29
of which saturated	16
Sodium	242mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook within 2 Days

Water Sugar/Sweetener/Honey Paper Towel