



UCOOK

Caramelised Onion Beef Burger

with mini potato wedges

A browned burger bun is topped with fresh green leaves, a juicy beef patty, caramelised onion, and sweet chilli sauce. Sided with crispy baby potato wedges. So easy to make and always a crowd pleaser!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & cut into wedges</i>
1	Onion <i>peel & roughly slice ½</i>
1	Beef Burger Patty
20ml	Sweet Chilli Sauce
1	Burger Bun
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. MINI WEDGES Preheat the oven to 200°C. Spread the mini potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SWEET ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

3. FRY THE PATTY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty until browned and cooked to your preference, 3-4 minutes per side. Remove from the pan and season.

4. SWEET CHILLI SAUCE In a small bowl, loosen the sweet chilli sauce with water in 5ml increments until drizzling consistency. Set aside.

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

6. STACK 'EM! Top the bottom burger bun with the shredded green leaves, the patty, the caramelised onion, and ½ the sweet chilli sauce. Side with the roasted mini wedges and the remaining sweet chilli for dunking!

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	6.2g
Carbs	29g
of which sugars	3.9g
Fibre	1.2g
Fat	4.8g
of which saturated	1.8g
Sodium	102mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Eat
Within
3 Days