



# UCOOK

## Bunless Moroccan Beef Burger

**with spicy roasted pumpkin & a hummus and pomegranate dressing**

The incredible taste of a classic burger without the fuss of a bun! These beef patties are flavoured with delicious Moroccan spices and accompanied by roasted pumpkin, crispy lentils, and drips of smooth hummus dressing.

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**Hands-On Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Tess Witney

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 Easy Peasy

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 Niel Joubert | Blanc de Noir

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## Ingredients & Prep

750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
15ml	NOMU Moroccan Rub
180g	Lentils <i>drained &amp; rinsed</i>
450g	Free-range Beef Mince
3	Garlic Cloves <i>peeled &amp; grated</i>
30g	Pumpkin Seeds
150ml	Hummus
45ml	Willowcreek Pomegranate Dressing
150g	Peas
60g	Salad Leaves <i>rinsed</i>
12g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
3	Spring Onions <i>thinly sliced</i>

## From Your Kitchen

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

**1. LET'S GET GOING** Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray. Coat in oil, ½ of the Moroccan Rub, and some seasoning (to taste). Roast in the hot oven for 35-40 minutes. Place the drained lentils on a separate roasting tray, coat in oil, and season. Spread out in a single layer and set aside.

**2. MAKE THE SPICED PATTIES** Place the mince and grated garlic in a bowl. Combine with the remaining Moroccan Rub (to taste) and lightly season. Wet your hands slightly to prevent the mince from sticking to them and shape into 6 patties of about 2cm thick. Set aside until frying.

**3. BURGER BOWL BITS** Boil the kettle. Place the seeds in a large pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion. Place the hummus in a bowl and mix in the pomegranate dressing (to taste). Loosen with milk or water in 5ml increments until drizzling consistency and season to taste. Submerge the peas in boiling water for 3-4 minutes until plump and heated through. Drain on completion. Set the seeds, hummus, and peas aside for serving.

**4. LOOKING GOOD...** When the pumpkin reaches the halfway mark, give it a shift and return to the oven. Pop in the tray of lentils and cook for the remaining roasting time. On completion, the lentils should be crispy and the pumpkin should be cooked through and caramelised.

**5. FRY THOSE BEAUTS!** When the roast veg has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil. When hot, fry the patties for 3-4 minutes per side until golden. Remove from the heat on completion and allow to rest in the pan for 2-3 minutes before serving.

**6. TIME TO DIG IN** Dish up the crisp roast pumpkin and lentils next to the rinsed salad leaves. Scatter over the peas and top with the juicy beef patties. Cover in sprinkles of toasted seeds and drizzles of hummus dressing. Garnish with the chopped mint and the sliced spring onion. Divine, Chef!



## Chef's Tip

To check if your patties are seasoned enough, fry a bite-size piece of the patty mixture for 1-2 minutes until cooked. Taste and add more seasoning to the raw mixture if needed.

## Nutritional Information

Per 100g

Energy	551kj
Energy	132Kcal
Protein	8g
Carbs	11g
of which sugars	2.7g
Fibre	3.8g
Fat	5.9g
of which saturated	2.1g
Sodium	106mg

## Allergens

Allium, Sesame, Sulphites

Cook  
within 2  
Days