

UCOOK

Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

This dish is a win all around, Chef! Enjoy a medley of fresh greens & veggies you'd expect on a burger, with a juicy beef patty, a very tasty dressing and a side of charred green beans.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

Carb Conscious

Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

| | |
|-------|---|
| 60ml | White Wine Vinegar |
| 2 | Onions <i>peel & finely slice</i> |
| 160ml | Salad Dressing <i>(60ml Low Fat Plain Yoghurt, 20ml Tomato Sauce, 20ml Wholegrain Mustard & 60ml Mayo)</i> |
| 40ml | NOMU One For All Rub |
| 2 | Avocados |
| 320g | Green Beans <i>rinse & trim</i> |
| 600g | Free-range Beef Burger Patties |
| 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 4 | Tomatoes <i>rinse & cut into bite-sized pieces</i> |
| 80g | Gherkins <i>drain & cut into rounds</i> |
| 20g | Pumpkin Seeds |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. PICKLE & DRESSING In a bowl, combine the vinegar, 20ml of sweetener, and seasoning. Add the sliced 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. ALWAYS ROOM FOR AVO Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. SIZZLE AWAY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the 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 shredded salad leaves. Top with the beef patties, the charred green beans, the tomato chunks, the seasoned avocado slices, the gherkin rounds, and the drained pickled onion (to taste). Drizzle over the salad dressing, and sprinkle over the pumpkin seeds. Cheers!



Chef's Tip

Toast the pumpkin seeds in a pan over medium heat until golden brown, 3-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 499kj |
| Energy | 119kcal |
| Protein | 4.9g |
| Carbs | 6g |
| of which sugars | 2.4g |
| Fibre | 2.4g |
| Fat | 8.2g |
| of which saturated | 2g |
| Sodium | 94mg |

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days