



UCCOOK

Spicy Chipotle Burger

with potato wedges & tangy mayo

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	725kJ	3910kJ
Energy	174kcal	937kcal
Protein	6.4g	34.5g
Carbs	22g	117g
of which sugars	5.5g	29.6g
Fibre	2.3g	12.3g
Fat	7.1g	38.3g
of which saturated	0.6g	3.1g
Sodium	591mg	3190mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
5ml	10ml	Potato Seasoning
1	2	Burger Bun/s
1	2	Green Fields Vegan Burger Patty/ies <i>keep frozen</i>
10g	20g	Chipotle Chillies In Adobo <i>finely chop</i>
15ml	30ml	Maple-flavoured Syrup
50ml	100ml	Vegan Mayo
10ml	20ml	Lemon Juice
10g	20g	Salad Leaves <i>rinse & shred</i>
20g	40g	Pickled Onions <i>drain & slice into rounds</i>

From Your Kitchen

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

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

2. TOASTED BUNS Halve the burger bun/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes. Remove from the pan and set aside.

3. SWEET, SPICY & STICKY Remove the patty [patties] from the freezer. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned, 2-3 minutes per side. In the final minute, baste with the chipotle (to taste) and the syrup until sticky and coated. Remove from the heat and set aside.

4. ZESTY & CREAMY In a bowl, combine the mayo with the lemon juice (to taste). Season and set aside.

5. BRING ON THE BURGER Place the burger bun/s, cut-side up, on a plate. Top the bottom half of the bun/s with the salad leaves, the patty [patties] with any pan juices, the mayo, and the onions. Side with the crispy wedges and any extra mayo for dipping. Well done, Chef!