



# UCCOOK

## Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Painted Wolf Wines | The Den Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	511kJ	4189kJ
Energy	122kcal	1002kcal
Protein	4.6g	38g
Carbs	6g	52g
of which sugars	2.2g	18.3g
Fibre	2.8g	22.8g
Fat	8.8g	72g
of which saturated	2g	16.7g
Sodium	75mg	618mg

**Allergens:** Cow's Milk, Allium, Sulphites

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	White Wine Vinegar
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
120ml	160ml	Salad Dressing <i>(45ml [60ml] Low Fat Plain Yoghurt, 15ml [20ml] Tomato Sauce, 15ml [20ml] Wholegrain Mustard &amp; 45ml [60ml] Mayo)</i>
30ml	40ml	NOMU One For All Rub
2	2	Avocados <i>cut in half &amp; roughly dice 1½ [2]</i>
240g	320g	Green Beans <i>rinse</i>
3	4	Beef Patties
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
3	4	Tomatoes <i>rinse &amp; cut into chunks</i>
60g	80g	Gherkins <i>drain &amp; cut into rounds</i>
15g	20g	Pumpkin Seeds

## From Your Kitchen

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

**1. PICKLE & DRESSING** In a bowl, combine the vinegar, 15ml [20ml] of sweetener, and seasoning. Add the 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. GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 [6-7] minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. 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.

**4. BEST BURGER EVER!** Make a bed of salad leaves. Top with the beef patties, the charred green beans, the tomato chunks, the 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).