



UCCOOK

Green Fields BBQ Glazed Burger

with potato wedges & chipotle mayo

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	494kJ	3067kJ
Energy	118kcal	735kcal
Protein	5.7g	35.3g
Carbs	19g	116g
of which sugars	3.8g	23.8g
Fibre	2.2g	13.9g
Fat	2.3g	14.2g
of which saturated	0.2g	1.3g
Sodium	185mg	1148mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
10ml	20ml	NOMU BBQ Rub
1	1	Onion <i>peel & finely slice</i>
1	2	Green Fields Vegan Burger Patty/ies
30ml	60ml	The Sauce Queen Smokey BBQ Sauce
50ml	100ml	Mayo
5g	10g	Chipotle Chillies In Adobo <i>finely chop</i>
1	2	Burger Bun/s
20g	40g	Salad Leaves <i>rinse</i>

From Your Kitchen

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

1. POTATO WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, NOMU rub, 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. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. PERFECT PATTY Remove the patty [patties] from the freezer. Return a 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 30-60 seconds, baste with the BBQ sauce. Remove from the pan with all the sauce.

4. SOME PREP In a small bowl, combine the mayo and the chipotle chillies (to taste).

5. TOAST 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.

6. TIME TO FEAST Time to assemble! Top the bottom half of the bun/s with salad leaves, followed by the patty/ies, all the sauce, and caramelised onions. Close with the top half of the bun/s. Serve the wedges on the side with the chipotle mayo for dipping. Dig in, Chef!

Chef's Tip