



UCCOOK

Smashed Beef Burger Tacos

with a tomato, spring onion & gherkin salsa

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	979kj	5134kj
Energy	234kcal	1228kcal
Protein	8.9g	46.4g
Carbs	10g	55g
of which sugars	2.4g	12.7g
Fibre	1.4g	7.5g
Fat	17.1g	89.5g
of which saturated	5.1g	26.6g
Sodium	222mg	1164mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
50ml	100ml	Hellmann's Tangy Mayo
20ml	40ml	Taco Sauce <i>(10ml [20ml] Tomato Sauce, 5ml [10ml] Worcestershire Sauce & 5ml [10ml] Dijon Mustard)</i>
1	2	Beef Burger Patty/ies
2	4	Wheat Flour Tortillas
40g	80g	Grated Mozzarella & Cheddar Cheese
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
10g	20g	Piquanté Peppers <i>drain</i>
10g	20g	Gherkins <i>drain & finely chop</i>
20g	40g	Green Leaves <i>rinse & finely shred</i>

From Your Kitchen

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

1. **ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CREAMY TACO SAUCE** In a bowl, combine the mayo with the taco sauce, a sweetener (to taste), a drizzle of oil, and seasoning. Set aside.

3. **TACO MEATBALLS** To a bowl, add the burger patty/ies and season. Break up the patty/ies and mix to combine. Divide the mince mixture into 2 [4] small meatballs. Lay the tortillas out and press a meatball onto each one in a thin layer.

4. **CHEESY MEATBALLS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the tortillas, meat-side down, until browned and cooked, 1-2 minutes. Flip and remove from the heat. Scatter evenly with the grated cheese. Cover to melt, 1-2 minutes. Remove from the pan and set aside.

5. **LET'S SALSA** In a bowl, combine the tomato, the spring onion, ½ the parsley, the piquanté peppers, the gherkins, a drizzle of olive oil, and seasoning. Set aside.

6. **TAKE A PIC AND SHARE** Plate up the tacos and top with the green leaves and the zingy tomato salsa. Drizzle over the taco sauce. Garnish with the toasted almonds and the remaining parsley. Fold up and dig in!

Chef's Tip If frying in batches, keep the completed tacos in the oven on a low heat until you are done to avoid soggy tortillas.