



UCOOK

— COOKING MADE EASY

Gourmet Ostrich Burger

**with chipotle That Mayo, melted cheese
& an activated charcoal bun**

A superior burger needs a superior bun! With the sultry colouring and nutritional benefits of activated charcoal, this one is world class. Layered with a juicy ostrich patty, fresh salad, caramelised onion, and melted Colby cheese; with a side of charred corn on the cob.

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

1	Onion <i>peeled</i>
1	Corn On The Cob <i>silks removed</i>
7.5ml	NOMU Cajun Rub
150g	Free-Range Ostrich Mince
50g	Klein River Colby Cheese <i>thinly sliced</i>
1	Bentley's Charcoal Bun <i>halved</i>
30ml	That Mayo (Chipotle)
3g	Fresh Chives <i>rinsed & finely chopped</i>
30g	Green Leaves <i>rinsed & roughly shredded</i>
1	Plum Tomato <i>rinsed & thinly sliced</i>

From Your Kitchen

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

1. TENDER ONIONS Dice half of the onion and set aside for the burger patty. Finely slice the remainder. Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelize it further. Transfer to a bowl on completion and cover to keep warm until serving.

2. IN THE MEANTIME... Place a nonstick pan (that has a lid) over a high heat. Add a splash of water to cover the base. Once simmering, cook the corn with the lid on for 6-7 minutes until the water has evaporated. Remove the lid, add a knob of butter, and sprinkle in half of the Cajun Rub. Fry for another 2 minutes until cooked through and charred, turning and basting in the butter. Remove on completion, cover to keep warm, and set aside for serving.

3. LUSCIOUS OSTRICH Place the mince in a bowl with the diced onion (to your taste preference). Add the remaining Cajun Rub, season, and mix well to combine. Roll into a ball and flatten to create a 1,5-2cm thick patty. Wipe down the nonstick pan and return it to a medium-high heat with another drizzle of oil. When hot, fry the patty for 3-4 minutes per side until browned and cooked through. (This time frame will yield a medium-rare result.) Top with the cheese slices, pop on the lid, and cook for 30-60 seconds until melted. Remove from the pan on completion and set aside to rest for a few minutes before serving.

4. TOAST THE BUN & MIX THE MAYO Butter the halved bun. Return the pan used to caramelize the onion to a high heat. When hot, toast the bun halves cut-side down for 2-3 minutes until crisped. Combine the chipotle mayo with three-quarters of the chopped chives and some seasoning.

5. TIME TO GET YOUR HANDS DIRTY Layer the bottom half of the bun with shredded green leaves and tomato slices. Place the cheesy ostrich patty on top and smother in caramelised onion. Dollop on the chive mayo and close it up with the other bun half. Serve the Cajun corn on the side with a blob of butter (optional) and the remaining chives. Roll up those sleeves and dig in!

Chef's Tip

Activated charcoal molecules are very porous and have a large surface area. Because of this, they're able to trap toxins and bad chemicals in the gut, preventing us from absorbing them. We can't absorb the activated charcoal, so it safely leaves the body with the toxins in tow!

Nutritional Information

Per 100g

Energy	624kJ
Energy	149Kcal
Protein	8.8g
Carbs	12g
of which sugars	3.5g
Fibre	1.3g
Fat	7.5g
of which saturated	2.7g
Sodium	204mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days