



UCOOK

Vegan OUTCAST Burger

with avocado, spicy corn salsa & sweet potato wedges

A simple and yummy solution to meat-free Mondays! Imagine sinking your teeth into a perfectly seared patty, boasting a delightful combination of plant-based goodness. The patty is complemented by crispy Mexican-spiced sweet potato wedges. A zesty corn and jalapeño salsa and dollops of creamy mayo completes the experience and makes it a family dinner winner.


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Rhea Hsu

 Fan Faves

 Strandveld | Skaamgesiggie MCC Brut Rosé

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into wedges</i>
20ml	NOMU Mexican Spice Blend
200g	Corn
2	Tomatoes <i>roughly diced</i>
60g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
15g	Fresh Coriander <i>rinsed & picked</i>
2	Lemons <i>cut into wedges</i>
125ml	That Mayo (Vegan)
2	Avocados
4	OUTCAST Burger Patties <i>kept frozen</i>
4	Vegan Burger Buns
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Remove from the oven and sprinkle over ½ the NOMU spice blend.

2. CORN SALSA Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and place in a bowl along with the diced tomato/es, the chopped jalapeño, ½ the picked coriander, a squeeze of lemon juice, a sweetener, and seasoning. Set aside. Loosen the mayo with a splash of warm water.

3. AVO Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Sprinkle over the remaining NOMU spice blend and season.

4. OUTCAST PATTY Remove the patties from the freezer. Return the pan to medium heat with a generous drizzle of oil. When hot, fry the patties until browned, 3-4 minutes per side. Remove from the pan and drain on paper towel.

5. BURGER BUNS Halve the burger buns, and spread oil over the cut-side. Return the pan (wiped down) to a medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

6. ASSEMBLY TIME! Smear the burger buns with ½ the loosened mayo. Top with the rinsed green leaves, the seasoned avocado slices, the seared patties, and the corn & jalapeño salsa. Side with the Mexican-spiced sweet potato wedges and garnish with the remaining picked coriander. Serve with the remaining mayo for dunking. Cheers, Chef!

Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	629kJ
Energy	150kcal
Protein	4g
Carbs	20g
of which sugars	3.5g
Fibre	6g
Fat	5.2g
of which saturated	1g
Sodium	242mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 2
Days