



# UCOOK

## Mexican Beef Burger

**with spiced butternut & homemade creamy guacamole**

Think of everything you love about a juicy beef burger. Now think of some of the delicious flavours of Mexican food that tingles your tastebuds. Now combine your food dream into a reality! A toasted burger bun is topped with fresh greens, tangy tomato slices, a melted-cheese beef patty, and generous slatherings of homemade guacamole. Sided with butternut chunks with a kick!

---

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


---

**Serves:** 3 People

---

**Chef:** Rhea Hsu

---

 Adventurous Foodie

---

 Doos Wine | Doos Dry Red 3L

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; cut 1½ into wedges</i>
15ml	NOMU Mexican Spice Blend
45g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
2	Tomatoes
60g	Green Leaves
2	Avocados
90ml	Sour Cream
3	Burger Buns
3	Free-range Beef Burger Patties
60g	Grated Mozzarella Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. VEG WITH A KICK** Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Toss through the NOMU spice blend and ½ the chopped jalapeños (to taste).

**2. PREP STEP** Rinse and slice 1½ of the tomatoes into rounds. Rinse the green leaves. In a bowl, combine 1½ of the avocados, the sour cream, and seasoning. Set aside.

**3. TOASTY BUN** Halve the burger buns and spread butter over the cut-side or brush with oil. Place a pan (with a lid) over a medium heat. When hot, toast the halved buns, cut-side down, until crisp, 1-2 minutes.

**4. CHEESY PATTY** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the beef patties until browned and cooked to your preference, 3-4 minutes per side. In the final 1-2 minutes, top the patties with the grated cheese, pop on the lid, and cook until the cheese has melted.

**5. ASSEMBLE** Place the burger buns, cut-side up, on a plate. Top with the green leaves, the tomato rounds, and the cheesy patties. Dollop over ½ the creamy guacamole and sprinkle over the remaining jalapeño (to taste). Side with the Mexican-spiced butternut & onion and the remaining creamy guacamole for dunking. Cheers, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces, and the onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Toss through the NOMU rub and ½ the jalapeño.

## Nutritional Information

Per 100g

Energy	595kJ
Energy	142kcal
Protein	5.2g
Carbs	11g
of which sugars	2.3g
Fibre	2.3g
Fat	8.3g
of which saturated	2.8g
Sodium	86mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy, Cow's Milk

Eat  
within 2  
Days