



UCCOOK

Spicy Chipotle Burger

with potato wedges & tangy mayo

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	725kJ	3910kJ
Energy	174kcal	937kcal
Protein	6.4g	34.5g
Carbs	22g	117g
of which sugars	5.5g	29.6g
Fibre	2.3g	12.3g
Fat	7.1g	38.3g
of which saturated	0.6g	3.1g
Sodium	591mg	3190mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

600g	800g	Potato <i>rinse & cut into wedges</i>
15ml	20ml	Potato Seasoning
3	4	Burger Buns
3	4	Green Fields Vegan Burger Patties <i>keep frozen</i>
30g	40g	Chipotle Chillies In Adobo <i>finely chop</i>
45ml	60ml	Maple-flavoured Syrup
150ml	200ml	Vegan Mayo
30ml	40ml	Lemon Juice
30g	40g	Salad Leaves <i>rinse & shred</i>
60g	80g	Pickled Onions <i>drain & slice into rounds</i>

From Your Kitchen

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

1. SEASONED POTATOES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the potato seasoning and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. TOASTED BUNS Halve the burger buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. Removed from the pan and set aside.

3. SWEET, SPICY & STICKY Remove the patties from the freezer. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-3 minutes per side. In the final minute, baste with the chipotle (to taste) and the syrup until sticky and coated. Remove from the heat and set aside.

4. ZESTY & CREAMY In a bowl, combine the mayo with the lemon juice (to taste). Season and set aside.

5. BRING ON THE BURGER Place the burger bun/s, cut-side up, on a plate. Top the bottom half of the buns with the salad leaves, the patties with any pan juices, the mayo, and the onions. Side with the crispy wedges and any extra mayo for dipping. Well done, Chef!