



UCCOOK

Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 524kJ | 4290kJ |
| Energy | 125kcal | 1027kcal |
| Protein | 4.6g | 38g |
| Carbs | 6g | 50g |
| of which sugars | 2.1g | 16.8g |
| Fibre | 2.8g | 22.7g |
| Fat | 9.2g | 75.4g |
| of which saturated | 2.2g | 17.9g |
| Sodium | 68mg | 560mg |

Allergens: Cow's Milk, Soya, Egg, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 45ml | 60ml | White Wine Vinegar |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 120ml | 160ml | Salad Dressing <i>(45ml [60ml] Low Fat Plain Yoghurt, 15ml [20ml] Tomato Sauce, 15ml [20ml] Wholegrain Mustard & 45ml [60ml] Mayo)</i> |
| 30ml | 40ml | NOMU One For All Rub |
| 15g | 20g | Pumpkin Seeds |
| 240g | 320g | Green Beans <i>rinse</i> |
| 3 | 4 | Beef Patties |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 3 | 4 | Tomatoes <i>rinse & cut into bite-sized pieces</i> |
| 2 | 2 | Avocados <i>cut in half & thinly slice 1½ [2]</i> |
| 60g | 80g | Gherkins <i>drain & cut into rounds</i> |

From Your Kitchen

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

1. PICKLE & DRESSING In a bowl, combine the vinegar, 15ml [20ml] of sweetener, and seasoning. Add the onion and set aside to pickle. Drain just before serving. In a small bowl, combine the salad dressing, ½ the NOMU rub, a sweetener (to taste), and seasoning. Set aside.

2. TOASTY Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. SIZZLE AWAY Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked to your preference, 3-4 minutes per side. In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and season.

5. BEST BURGER EVER! Make a bed of salad leaves. Top with the beef patty [patties], the green beans, the tomato, the avocado, the gherkins, and the pickled onion (to taste). Drizzle over the salad dressing, and sprinkle over the pumpkin seeds. Cheers!