



UCOOK

Smashed Beef Burger Tacos

**with a tomato, spring onion & gherkin
salsa**

What do you get when you combine a foodie trend with a food-fusion recipe? This recipe, Chef! Impress with a smashed burger patty turned into a taco, topped with oozy melted cheese and drizzled with a South African-inspired taco sauce. Side with a tomato, coriander, piquanté peppers, and gherkins salsa.

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Suné van Zyl

 Quick & Easy

 Stettyn Wines | Stettyn Family Range Cabernet
Sauvignon 2021

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Ingredients & Prep

40g	Green Leaves
1	Tomato
1	Spring Onion
5g	Fresh Coriander
20g	Gherkins
20g	Piquanté Peppers
20g	Almonds
1 unit	Plain Tangy Mayo
40ml	Taco Sauce <i>(20ml Tomato Sauce, 10ml Worcestershire Sauce & 10ml Dijon Mustard)</i>
2	Free-range Beef Burger Patties
4	Wheat Flour Tortillas
80g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

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

1. CHOP-CHOP Rinse the green leaves, the tomato, the spring onion, and the coriander. Finely shred the green leaves. Roughly dice the tomato. Trim and roughly slice the spring onion. Pick and roughly chop the coriander. Drain the gherkins and the piquanté peppers. Finely chop the gherkins. Roughly chop the almonds. Set all aside separately.

2. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY TACO SAUCE In a bowl, combine the mayo with the taco sauce, a sweetener, a drizzle of oil, and seasoning. Set aside.

4. TACO MEATBALLS To a bowl, add the burger patties and season. Break up the patties and mix to combine. Divide the mince mixture into 4 small meatballs. Lay the tortillas out and press a meatball onto each one in a thin layer.

5. CHEESY MEATBALLS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the tortillas, meat-side down, until browned and cooked through, 1-2 minutes. Flip and remove from the heat. Scatter over the grated cheese. Cover to melt, 30 seconds - 1 minute. You may need to do this in batches. Remove from the pan and set aside.

6. LET'S SALSA In a bowl, combine the diced tomato, the sliced spring onion, ½ the chopped coriander, the drained piquanté peppers, the diced gherkins, a drizzle of olive oil, and seasoning. Set aside.

7. TAKE A PIC AND SHARE Plate up the tacos and top with the shredded leaves and the zingy tomato salsa. Drizzle over the taco sauce. Garnish with the toasted almonds and the remaining coriander. Fold up and dig in!



Chef's Tip

If frying in batches, keep the completed tacos in the oven on a low heat until you are done to avoid soggy tortillas.

Nutritional Information

Per 100g

Energy	869kj
Energy	208kcal
Protein	7.5g
Carbs	10g
of which sugars	2.4g
Fibre	1.7g
Fat	14.7g
of which saturated	4g
Sodium	249mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Cook
within 2
Days