

UCCOOK

Greek-style Bunless Ostrich Burger

with beetroot wedges

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	347kJ	2267kJ
Energy	83kcal	542kcal
Protein	5.9g	38.2g
Carbs	6g	38g
of which sugars	2.5g	16.3g
Fibre	1.4g	9.2g
Fat	4g	25.9g
of which saturated	1.3g	8.3g
Sodium	367mg	2396mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into 1cm thick wedges</i>
150g	300g	Free-range Ostrich Mince
5ml	10ml	Greek Seasoning
1	1	Onion <i>peel & finely dice ½ [1]</i>
3g	5g	Fresh Mint <i>rinse, pick & finely chop</i>
40ml	80ml	Sour Cream
40g	80g	Salad Leaves <i>rinse</i>
40g	80g	Gherkins <i>drain & slice</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. GREEK PATTIES Place the mince into a bowl and combine with the Greek seasoning (to taste) and the onion (to taste). Wet your hands slightly to prevent the mince from sticking to them and shape into 2 [4] patties of about 2cm thick. Set aside until frying.

3. MINT-INFUSED SOUR CREAM In a bowl, combine the mint (to taste) with the sour cream, seasoning and water in 5ml increments until drizzling consistency. Set aside.

4. INTO THE PAN When the beetroot has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil (if necessary). When hot, fry the patties for 1-2 minutes per side until golden. Remove from the heat and allow to rest in the pan for 1-2 minutes before serving.

5. BEST BURGER EVER Make a bed of salad leaves and the gherkins. Top with the juicy patty [patties] and scatter over the sun-dried tomatoes. Drizzle over the minty sour cream and finish with scatterings of crispy onions. Serve the beetroot on the side.