

UCOOK

Gochujang Bunless Beef Burger

with kimchi mayo

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	564kJ	3310kJ
Energy	135kcal	792kcal
Protein	6.7g	39.3g
Carbs	7g	41.2g
of which sugars	2.7g	15.7g
Fibre	1.6g	9.5g
Fat	8.5g	50g
of which saturated	2.3g	13.7g
Sodium	300mg	1763mg

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	White Sesame Seeds
1	1	Spring Onion
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
5ml	10ml	Gochujang
50ml	100ml	Bulgogi Sauce <i>(30ml [60ml] Low Sodium Soy Sauce, 7.5ml [15ml] Rice Wine Vinegar, 2.5ml [5ml] Sesame Oil & 10ml [20ml] Sugar)</i>
30g	60g	Edamame Beans
30g	60g	Kimchi <i>roughly chop</i>
40ml	80ml	Hellmann's Tangy Mayonnaise
1	2	Beef Burger Patty/ies
40g	80g	Salad Leaves <i>rinse</i>

1. UN-BEET-ABLE 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, 20-25 minutes (shifting halfway).

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

3. GOCHUJANG & BULGOGI SAUCE Rinse, trim and finely slice the spring onion, keeping the white and green parts separate. Return the pan to medium heat with a drizzle of oil. When hot, fry the spring onion whites until golden, 3-4 minutes (shifting occasionally). Add the garlic and the ginger and fry until fragrant, 30-60 seconds (shifting constantly). Mix in the gochujang (to taste), the bulgogi sauce, and the edamame beans. Simmer until thickening, 1-2 minutes (shifting occasionally). Remove from the pan.

4. KIMCHI MAYO In a small bowl, combine the kimchi with the mayo and a splash of water. Season and set aside. When the beetroot is done, toss with 1/2 the seeds.

5. BROWNED BEEF Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned and cooked to your preference, 2-3 minutes per side. Remove from the pan and season.

6. YOU MADE THAT, CHEF! Make a bed of salad leaves and top with the roasted beetroot, the juicy patty [patties] and generously pour over the bulgogi sauce. Finish by topping with the remaining seeds, the spring onion greens (to taste), and dollops of the kimchi mayo.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water