



UCCOOK

Falafel Burger

with pickled onions & sweet potato chips

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	476kJ	3206kJ
Energy	114kcal	768kcal
Protein	3g	20.2g
Carbs	17g	114g
of which sugars	4.4g	29.9g
Fibre	2.9g	19.4g
Fat	3.3g	22.1g
of which saturated	0.4g	2.6g
Sodium	205mg	1378mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chips
5ml	10ml	NOMU BBQ Rub
30ml	60ml	Vegan Mayo
1	2	Outcast Patty/ies <i>kept frozen</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Pickled Onions <i>reserve pickling liquid & thinly slice</i>
1	2	Burger Bun/s <i>cut in half</i>
1	1	Tomato <i>rinse & slice ½ [1] into thin rounds</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Plant-based Butter (optional)
Seasoning (salt & pepper)

1. FABULOUS FRIES Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat generously in oil, the NOMU rub and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. MAYO DRIZZLE In a small bowl, loosen the mayo with water in 5ml increments until smooth but spreadable. Set aside.

3. PERFECT PATTY Remove the patty [patties] from the freezer. Place a pan or grill pan over medium-high heat with a generous drizzle of oil. When hot, fry the patty [patties] until browned, 3-4 minutes per side. Remove from the pan and drain on paper towel.

4. SIMPLE SALAD In a bowl, toss together ½ the green leaves and ½ the onions. Set aside.

5. TOASTED BUN Spread plant-based butter (optional) or oil over the cut-side of the bun/s. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

6. BRING ON THE BURGER Place the burger bun/s, cut-side up, on a plate. Smear with the mayo, top with the remaining leaves, the falafel patty [patties], the tomato, the cucumber, and the remaining pickled onions (to taste). Close up with the top bun/s and serve alongside the sweet potato chips. Dollop over any remaining mayo. Enjoy, Chef!