

# **UCOOK**

# **Classic Black Bean Burger**

with gherkins, cashew nut cream cheese & sweet potato wedges

This meal is bun in a million! A tasty black bean burger is loaded with green leaves, caramelised onions, gherkins, tomato, and cashew nut cream cheese. Sided with classic sweet potato wedges and a piquanté pepper salad. Boom, baby!

Hands-on Time: 35 minutes

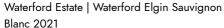
Overall Time: 55 minutes

**Serves:** 4 People

Chef: Thea Richter



Veggie



Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients 8	& Prep
---------------	--------

2

60ml

125ml

200ml

80g

1kg Sweet Potato
rinsed & cut into wedges
240g Black Beans

Black Beans drained & rinsed

Red Onions peeled & 1 finely diced & 3 roughly sliced

Garlic Cloves
peeled & grated
NOMU Provencal Rub

Panko Breadcrumbs Schoon Vegan Burger

Schoon Vegan Burger
Buns
cut in half
Cashew Nut Cream

Cheese Green Leaves rinsed

rinsed
2 Tomatoes
cut into rounds

100g Gherkins
drained & sliced into
rounds

80g Pickled Piquanté Peppers
drained & roughly

chopped

#### From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water

Sugar/Sweetener/Honey

1. LET'S GET GOING Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

halfway.

2. ALL TOGETHER NOW Place the rinsed black beans in a bowl.

Using a potato masher or fork, mash the beans until a rough mash. Add the diced onion (to taste), the grated garlic, the rub, the breadcrumbs, seasoning, and 40ml of water. Mix until fully combined.

3. PAT A CAKE Wet your hands slightly and form the bean mixture into 1

patty per portion. Lightly grease the patties with oil and place on a baking

tray. Bake in the hot oven for 15-20 minutes until crisp, flipping halfway.

4. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice. Remove from the pan.

**5. GOLDEN BROWN** When the patties have 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, add the halved burger buns, cut side-down, and fry for 1-2 minutes until warmed through and browned.

**6. IT'S BURGER NIGHT!** Time to assemble! Smear the halved burger buns with ½ the cream cheese. Top with some of the green leaves, the burger patties, the caramelised onions, and some of the tomato and gherkin rounds. Close up the burgers. Side with the sweet potato wedges and the remaining cream cheese for dunking. Serve any remaining fillings on the side in a salad with the chopped piquanté peppers.

### **Nutritional Information**

Per 100g

Energy 448kl Energy 107kcal Protein 3.2a Carbs 17g of which sugars 3.9g Fibre 2.2g Fat 2.2g of which saturated 0.2q200mg Sodium

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts

within
4 Days

Cook