



UCOOK

Vegan OUTCAST Burger

with avocado, spicy corn salsa & sweet potato wedges

A simple and yummy solution to meat-free Mondays! Imagine sinking your teeth into a perfectly seared patty, boasting a delightful combination of plant-based goodness. The patty is complemented by crispy Mexican-spiced sweet potato wedges. A zesty corn and jalapeño salsa and dollops of creamy mayo completes the experience and makes it a family dinner winner.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Strandveld | Skaamgesiggie MCC Brut Rosé

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Ingredients & Prep

| | |
|------|--|
| 250g | Sweet Potato <i>rinsed & cut into wedges</i> |
| 5ml | NOMU Mexican Spice Blend |
| 50g | Corn |
| 1 | Tomato <i>½ roughly diced</i> |
| 15g | Sliced Pickled Jalapeños <i>drained & roughly chopped</i> |
| 4g | Fresh Coriander <i>rinsed & picked</i> |
| 1 | Lemon <i>cut into wedges</i> |
| 30ml | That Mayo (Vegan) |
| 1 | Avocado |
| 1 | OUTCAST Burger Patty <i>kept frozen</i> |
| 1 | Vegan Burger Bun |
| 20g | Green Leaves <i>rinsed</i> |

From Your Kitchen

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

1. WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Remove from the oven and sprinkle over ½ the NOMU spice blend.

2. CORN SALSA Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place in a bowl along with the diced tomato/es, the chopped jalapeño, ½ the picked coriander, a squeeze of lemon juice, a sweetener, and seasoning. Set aside. Loosen the mayo with a splash of warm water.

3. AVO Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Sprinkle over the remaining NOMU spice blend and season.

4. OUTCAST PATTY Remove the patty from the freezer. Return the pan to medium heat with a generous drizzle of oil. When hot, fry the patty until browned, 3-4 minutes per side. Remove from the pan and drain on paper towel.

5. BURGER BUNS Halve the burger bun, and spread oil over the cut-side. Return the pan (wiped down) to a medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

6. ASSEMBLY TIME! Smear the burger bun with ½ the loosened mayo. Top with the rinsed green leaves, the seasoned avocado slices, the seared patty, and the corn & jalapeño salsa. Side with the Mexican-spiced sweet potato wedges and garnish with the remaining picked coriander. Serve with the remaining mayo for dunking. Cheers, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 629kJ |
| Energy | 150kcal |
| Protein | 4g |
| Carbs | 20g |
| of which sugars | 3.5g |
| Fibre | 6g |
| Fat | 5.2g |
| of which saturated | 1g |
| Sodium | 242mg |

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 2
Days