



# QCOOK

## Smashed Beef Pancakes

with caramelised onions, cheddar cheese & mayo

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	516kJ	5336kJ
Energy	123kcal	1276kcal
Protein	5.5g	57g
Carbs	11g	113g
of which sugars	3.5g	36.4g
Fibre	1.2g	12.4g
Fat	6.6g	68.7g
of which saturated	2.5g	25.5g
Sodium	104mg	1072mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; roughly slice</i>
450g	600g	Beef Mince
15ml	20ml	NOMU Roast Rub
375ml	500ml	Pancake Mix <i>(352,5ml [470ml] Self-raising Flour &amp; 22,5ml [30ml] Sugar)</i>
450ml	600ml	Low Fat UHT Milk
150g	200g	Cheddar Cheese <i>roughly slice</i>
30ml	40ml	White Balsamic Vinegar
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
240g	240g	Carrot <i>rinse, trim &amp; peel ¼ [1] into ribbons</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
60g	80g	Gherkins <i>drain &amp; roughly slice</i>
150ml	200ml	Hellmann's Tangy Mayonnaise

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

- 1. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onions until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.
- 2. PATTY PREP** In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 3 [4] balls, of about 1cm thick. Set aside.
- 3. PANCAKES PREP** In a bowl, combine the pancake mix with a pinch of salt. Gradually whisk in the milk until a smooth batter. The consistency should be pourable but not too runny.
- 4. LET THE FUN BEGIN** Place a non-stick pan over medium heat with a drizzle of oil. When hot, cook 6 [8] small pancakes (about 10cm wide) until bubbles form on the surface and the edges look set, 2-3 minutes. Flip and cook until golden brown, 2-3 minutes. Remove from the pan.
- 5. YOU'RE SMASHING THIS!** Place a pan over medium-high heat with a drizzle of oil. When hot, add the beef balls, using a spatula or burger press, smash the balls flat into a thin patty (about 1cm thick). Cook until the edges are crispy and browned, 2-3 minutes. Flip, add the cheese, cover with a lid and cook until the cheese is melted, 2-3 minutes. You may need to do this step in batches. Remove from the pan.
- 6. SOME FRESHNESS** In a salad bowl, combine the vinegar, a drizzle of olive oil, and 5ml of sweetener. Add the salad leaves, the carrot, the peppers, seasoning, and toss to combine.
- 7. TIME TO DINE** Top 3 [4] of pancakes with the cheesy smashed patty, caramelised onions, and gherkins. Drizzle over the mayo (to taste), then close with the remaining pancake. Serve the salad on the side and dig in, Chef!