



UCOOK

Smashed Beef Pancakes

**with caramelised onions, cheddar cheese
& roasted garlic mayo**

Put the cinnamon sugar away and let's make some savoury pancakes, Chef! A cheesy-covered smashed beef patty is placed on a homemade pancake with sweet, silky onions, briny gherkins, roasted garlic mayo, and closed with another pancake. Served with a carrot & bell pepper salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Creation Wines | Creation Pinot Noir

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Ingredients & Prep

1	Onion <i>peel & roughly slice</i>
150g	Beef Mince
5ml	NOMU Roast Rub
125ml	Pancake Mix <i>(117,5ml Self-raising Flour & 7,5ml Sugar)</i>
150ml	Low Fat UHT Milk
50g	Cheddar Cheese <i>roughly slice</i>
10ml	White Balsamic Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>
120g	Carrot <i>rinse, trim & peel ¼ into ribbons</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
20g	Gherkins <i>drain & roughly slice</i>
1 unit	Roasted Garlic Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
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 sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. 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 1 ball, 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 2 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.

5. YOU'RE SMASHING THIS! Place a pan over medium-high heat with a drizzle of oil. When hot, add the beef ball, using a spatula or burger press, smash the ball flat into a thin patty (about 1cm thick). Cook until the edges are crispy and browned, 1-2 minutes. Flip, add the sliced cheese, cover with a lid and cook until the cheese is melted, 1-2 minutes. 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 shredded leaves, the carrot ribbons, the sliced peppers, seasoning, and toss to combine.

7. TIME TO DINE Top 1 of pancakes with the cheesy smashed patty, caramelised onions, and sliced gherkins. Drizzle over the mayo (to taste), then close with the remaining pancake. Serve the salad on the side and dig in, Chef!

Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	5.5g
Carbs	10g
of which sugars	3.5g
Fibre	1.2g
Fat	8.6g
of which saturated	2.8g
Sodium	105mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Sulphites

Eat
Within
3 Days