



Eat Within 3 Days

UCCOOK

Classic Beef Burger

with roasted baby potato wedges

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Niñída | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	548.4kJ	3445.8kJ
Energy	131.5kcal	826kcal
Protein	6.4g	40.2g
Carbs	14.3g	89.9g
of which sugars	2.7g	16.7g
Fibre	1.2g	7.3g
Fat	4.9g	30.5g
of which saturated	1.8g	11.3g
Sodium	118.2mg	742.6mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potato <i>rinse & cut into wedges</i>
3	4	Burger Buns
450g	600g	Beef Mince
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Oregano
60g	80g	Green Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & slice into rounds</i>
50g	50g	Gherkins <i>drain & cut into rounds</i>
60ml	80ml	Tomato Sauce

From Your Kitchen

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

1. BABY POTATOES Preheat the oven to 200°C. Spread the potatoes on a roasting tray. Coat in oil 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. FOR THE FINALE Halve the burger buns, and spread butter (optional) or oil over the cut-side.

3. PATTY MOMENT In a bowl, combine the mince, garlic, oregano, and seasoning. Wet your hands slightly and shape the mince mixture into 3 [4] patties, of about 2cm thick.

4. BROWN THE BEEF Place a pan over medium-high heat with a drizzle of oil. When hot, fry the beef patties until browned and cooked to your preference, 3-4 minutes per side. Remove from the pan and set aside.

5. TIME TO TOAST Return the pan, wiped down, to medium heat. Toast the halved buns, cut-side down, until crisp, 1-2 minutes.

6. BURGER TIME! Place the burger buns, cut-side up, on a plate. Top with the green leaves, the tomato rounds, the gherkin rounds, and the patties. Dollop over ½ the tomato sauce, and serve alongside the roasted potato wedges. Serve the remaining tomato sauce on the side for dunking.