

Eat Within 3 Days

UCOOK

BBQ Beef Croissant Burger

with onion rings & potato wedges

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	848kJ	6661kJ
Energy	203kcal	1593kcal
Protein	7.1g	55.9g
Carbs	17g	133g
of which sugars	5g	39.1g
Fibre	1.4g	11.3g
Fat	11.8g	92.8g
of which saturated	4.6g	36g
Sodium	163mg	1280mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse & cut into wedges*
150g	300g	Beef Patty/ies
50g	100g	Cheddar Cheese *slice*
1	1	Onion *peel & cut ½ [1] into rounds & separate into rings*
60ml	120ml	Flour Mix
1	2	Croissant/s
65ml	130ml	Smoky BBQ Mayo *(25ml [50ml] Hickory BBQ Sauce & 40ml [80ml] Mayo)*
20g	40g	Green Leaves *rinse*
20g	40g	Gherkins *drain & slice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. INTO THE OVEN Preheat the oven to 200°C. Spread the potato 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. CHEESY PATTY Place a pan over medium-high heat with a drizzle of oil. Wet your hands and flatten the patty [patties] to about 2cm thick. When hot, fry the patty [patties] until browned and cooked to your preference, 3-4 minutes per side. Scatter over the cheese and allow to melt, 2-3 minutes. Remove from the pan, cut in half, and season. Alternatively, place on a roasting tray and grill until cooked through, 8-10 minutes. In the final 5 minutes, add the cheese and allow to melt.

3. ONION RINGS Place a pot over medium-high heat with 4-5 cm of oil. Place the onion in a bowl of cold water, then toss through the flour mix and seasoning. Carefully lower the coated onion into the hot oil. Fry until golden brown, 1–2 minutes (shifting halfway). Drain on paper towel. Place in the oven to keep warm.

4. BUTTERY CROISSANT Halve the croissant/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the croissant/s, cut-side down, until golden, 1-2 minutes.

5. MOUTHWATERING MEAL Plate the croissant/s, cut-side up on a plate. Smear ½ of the BBQ mayo on one side and top with the green leaves, gherkins and the patty [patties]. Serve with the wedges and the onions on the side, and the remaining sauce for dunking.