



WCOOK

Charred Pineapple Beef Burger

with avocado salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	724kJ	4840kJ
Energy	173kcal	1159kcal
Protein	6.6g	44g
Carbs	13g	85g
of which sugars	2.8g	18.7g
Fibre	2.9g	19.3g
Fat	11g	73.3g
of which saturated	2.9g	19.7g
Sodium	113mg	757mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
1	2	Tinned Pineapple Ring/s
150g	300g	Beef Patty/ies
1	2	Burger Bun/s
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
20ml	40ml	Honey Mustard Dressing
60ml	120ml	Mustard-mayo <i>50ml [100ml] Mayo & 10ml [20ml] Mustard</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

1. CORN & PINEAPPLE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan. Return the pan to medium heat with a knob of butter. Fry the pineapple until charred, 30-60 seconds per side. Remove from the pan.

2. PERFECT PATTY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned and cooked to your preference, 3-4 minutes per side. Remove from the pan and season.

3. TOAST Halve the burger bun/s, and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. TIME TO EAT In a salad bowl, combine ½ of the salad leaves, feta, tomato, avocado, corn, dressing, and seasoning. Place the burger bun, cut-side up, on a plate. Smear with the mayo, and top with the remaining salad leaves, charred patty/ies, pineapple ring/s, and cover with the top bun/s. Serve alongside the loaded salad. Dig in, Chef!