



# UCOOK

## Korean-style Bunless Beef Burger

with kimchi mayo & daikon "chips"

What to do, what to do... You're craving Korean food but also in the mood for a burger, but don't want a carb-heavy dinner. Simply make this recipe, Chef! A juicy beef patty is loaded with oven-roasted beetroots, crisp greens, an umami-fied combo of gochujang & bulgogi sauce, plus daikon matchsticks. Finished with kimchi mayo.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Carb Conscious

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
10ml	White Sesame Seeds
1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
1	Garlic Clove <i>peel &amp; grate</i>
10g	Fresh Ginger <i>peel &amp; grate</i>
5ml	Gochujang
50ml	Bulgogi Sauce <i>(30ml Low Sodium Soy Sauce, 7,5ml Rice Wine Vinegar, 2,5ml Sesame Oil &amp; 10ml Sugar)</i>
30g	Kimchi <i>roughly chop</i>
50ml	Tangy Mayo
1	Beef Burger Patty
40g	Salad Leaves <i>rinse</i>
30g	Daikon Rounds <i>cut into thin matchsticks</i>

## From Your Kitchen

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

**1. UN-BEET-ABLE** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOCHUJANG & BULGOGI SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the spring onion whites until golden, 3-4 minutes (shifting occasionally). Add the grated garlic and the grated ginger and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Mix in the gochujang (to taste) and the Bulgogi sauce. Simmer until thickening, 2-3 minutes (shifting occasionally). Season and remove from the pan.

**4. KIMCHI MAYO** In a small bowl, combine the chopped kimchi with the mayo and a splash of water. Season and set aside. When the beetroot is done, toss with ½ the toasted seeds.

**5. BROWNE BEEF** Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the patty until browned and cooked to your preference, 2-3 minutes per side. Remove from the pan and season.

**6. YOU MADE THAT, CHEF!** Make a bed of rinsed leaves and top with the roasted beetroot, the juicy patty and generously drizzle over the bulgogi sauce. Finish by topping with the daikon matchsticks, the remaining seeds, the spring onion greens (to taste), and dollops of the kimchi mayo.



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	672kJ
Energy	161kcal
Protein	6.1g
Carbs	6g
of which sugars	2.6g
Fibre	1.4g
Fat	12.2g
of which saturated	3g
Sodium	255mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
2 Days