

UCOOK

Classic Black Bean Burger

with gherkins, cashew nut cream cheese & sweet potato wedges

This meal is bun in a million! A tasty black bean burger is loaded with green leaves, caramelised onions, gherkins, tomato, and cashew nut cream cheese. Sided with classic sweet potato wedges and a piquanté pepper salad. Boom, baby!

Hands-on Time: 20 minutes

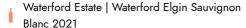
Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter



Veggie



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Ingredients & Prep	
250g	Sweet Potato rinsed & cut into wedges
60g	Black Beans drained & rinsed
1	Red Onion peeled & ¼ finely diced & ¾ finely sliced
1	Garlic Clove peeled & grated
15ml	NOMU Provençal Rub
30ml	Panko Breadcrumbs
1	Schoon Vegan Burger Bur cut in half
50ml	Cashew Nut Cream

Cashew Nut Cream
Cheese

20g Green Leaves
rinsed

1 Tomato
½ cut into rounds

25g Gherkins
drained & sliced into
rounds

20g Pickled Piquanté Peppers
drained & roughly

chopped

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water Sugar/Sweetener/Honey 1. LET'S GET GOING Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

halfway.

2. ALL TOGETHER NOW Place the rinsed black beans in a bowl

Using a potato masher or fork, mash the beans until a rough mash. Add the diced onion (to taste), the grated garlic, the rub, the breadcrumbs, seasoning, and 10ml of water. Mix until fully combined.

3. PAT A CAKE Wet your hands slightly and form the bean mixture into 1 patty. Lightly grease the patty with oil and place on a baking tray. Bake

in the hot oven for 15-20 minutes until crisp, flipping halfway.

4. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice. Remove from the pan.

5. GOLDEN BROWN When the patty has 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, add the halved burger bun, cut side-down, and fry for 1-2 minutes until warmed through and browned.

6. IT'S BURGER NIGHT! Time to assemble! Smear the halved burger bun with ½ the cream cheese. Top with some of the green leaves, the burger patty, the caramelised onions, and some of the tomato and gherkin rounds. Close up the burger. Side with the sweet potato wedges and the remaining cream cheese for dunking. Serve any remaining fillings on the side in a salad with the chopped piquanté peppers.

Nutritional Information

Per 100g

Energy 448kI 107kcal Energy Protein 3.2g Carbs 17g of which sugars 3.9g Fibre 2.2g 2.2g Fat of which saturated 0.2g 200mg Sodium

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts

within
4 Days

Cook