



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

 Waterford Estate | Waterford Elgin Sauvignon
Blanc 2021

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
60g	Black Beans <i>drained & rinsed</i>
1	Red Onion <i>peeled & ¼ finely diced & ¾ finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	NOMU Provençal Rub
30ml	Panko Breadcrumbs
1	Schoon Vegan Burger Bun <i>cut in half</i>
50ml	Cashew Nut Cream Cheese
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>½ cut into rounds</i>
25g	Gherkins <i>drained & sliced into rounds</i>
20g	Pickled Piquanté Peppers <i>drained & roughly chopped</i>

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.

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

Allergens

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

Cook
within
4 Days