



# WCOOK

## Spicy Crumbed Chicken & Bacon Burger

with a fresh side salad

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Villiera Wines | Villiera Jasmine White Blend

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 723kJ    | 5987kJ      |
| Energy             | 173kcal  | 1434kcal    |
| Protein            | 7.5g     | 61.7g       |
| Carbs              | 14g      | 112g        |
| of which sugars    | 2.4g     | 19.8g       |
| Fibre              | 2.7g     | 22.2g       |
| Fat                | 10.3g    | 85.7g       |
| of which saturated | 2.6g     | 21.5g       |
| Sodium             | 259mg    | 2142mg      |

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

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 150g     | 300g       | Free-range Chicken Mince  |
| 1        | 1          | Onion<br><i>peel &amp; finely dice ½ &amp; peel &amp; roughly slice ½</i> |
| 10ml     | 20ml       | NOMU Poultry Rub  |
| 30ml     | 60ml       | Cake Flour  |
| 50ml     | 100ml      | Panko Breadcrumbs   |
| 2 strips | 4 strips   | Streaky Pork Bacon  |
| 1        | 2          | Burger Buns   |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                          |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                       |
| 30g      | 60g        | Danish-style Feta<br><i>drain</i>   |
| 1        | 1          | Avocado<br><i>cut in half &amp; thinly slice ½ [1]</i>                    |
| 40ml     | 80ml       | Spicy Mayo  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Sugar/Sweetener/Honey  
Egg/s  
Butter (optional)

**1. HOMEMADE PATTIES** In a bowl, combine the mince, the diced onion (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 1 [2] patty/ies about 2cm thick. Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour (seasoned lightly), and one containing the crumb. Coat the chicken patty/ies in the flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Place in the fridge until ready to fry.

**2. CRISPY BACON** Place a pan over medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel.

**3. GOLDEN ONION** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**4. TOASTED BUN** Halve the burger bun/s and spread butter or oil over the cut-side. Return the pan to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

**5. CRUMB... DONE!** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the crumbed patty/ies until golden, 3-4 minutes per side. Remove from the pan and rest for 2-3 minutes.

**6. AVO SALAD** In a bowl, combine the salad leaves, cucumber, feta, ½ the avo, a drizzle of olive oil, and seasoning.

**7. BURGER NIGHT!** Top the bottom halved bun/s with the spicy mayo, the fried patty/ies, the crispy bacon, the caramelised onions, the remaining avo, and the fried egg (optional). Side with the fresh avo salad, and enjoy!

**Chef's Tip** Optional egg: Place a pan over medium-high heat with a drizzle of oil. Crack in an egg and fry until cooked to your preference. Remove from the heat and season.