



UCOOK

Chic Buffalo Bomb

with chicken patties, ranch & sweet potato

It's time for this bunless burger bomb to shine. This one tastes naughty, but is oh-so-nice. Chicken patties flavoured with our 'buffalo' spice, sweet potato, fresh slaw, and drippings of silky ranch dressing — a real carb-conscious treat!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

♥ Health Nut

🍷 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
15ml	Buffalo Spice <i>(7,5ml NOMU Spanish Rub & 7,5ml NOMU BBQ Rub)</i>
150g	Free-range Chicken Mince
4g	Fresh Chives <i>rinsed & finely chopped</i>
1	Lemon <i>zested & cut into wedges</i>
2,5ml	NOMU One For All Rub
82,5ml	Ranch Dressing <i>(60ml Plain Yoghurt, 20ml Buttermilk & 2,5ml Dijon Mustard)</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
75g	Shredded Cabbage & Julienne Carrot

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. BUFFALO SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, ½ of the buffalo spice, and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SPICY PATTIES Place the chicken mince and ½ of the chopped chives in a bowl. Combine with the remaining buffalo spice, a squeeze of lemon juice, and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 patties of about 2cm thick.

3. RANCH DRESSING Place a small pot over a medium heat with 1 tsp of oil. When hot, fry the One For All Rub for 30-60 seconds until fragrant. Remove the pot from the heat. Add in the ranch dressing and the remaining chopped chives, reserving some for a garnish. Whisk together with the juice of 1 lemon wedge, a sweetener of choice, and some seasoning. Once well combined, pop on a lid to keep warm until serving.

4. BUNLESS BABIES! When the sweet potato has 10 minutes remaining, place a pan or griddle pan over a high heat with a drizzle of oil. When hot, fry the chicken patties for 4-5 minutes per side until golden, gently pressing them down with a spatula to ensure they cook all the way through. Remove from the heat on completion and allow to rest in the pan for 2 minutes before serving.

5. RANCH SLAW Place the shredded green leaves in a bowl with the cabbage and carrot mix. Pour over ½ of the ranch dressing, season to taste, and toss until coated.

6. FILL UP! Dish up the steamy roast sweet potato next to some ranch slaw and grilled patties. Garnish with the lemon zest to taste and sprinkle over any remaining chopped chives. Cover in drizzles of the remaining ranch dressing (to your preference) and serve with a lemon wedge on the side. Yeehaw!



Chef's Tip

If you have an airfryer at home - try roasting your sweet potato in it instead of the oven. They will cook in 10-15 minutes!

Nutritional Information

Per 100g

Energy	358kj
Energy	85Kcal
Protein	5.7g
Carbs	10g
of which sugars	3.5g
Fibre	1.6g
Fat	2.5g
of which saturated	0.8g
Sodium	174mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days