



UCOOK

Bunless Moroccan Chicken Burgers

with spiced roast butternut & a hummus and pomegranate dressing

The familiar delight of a juicy, well-spiced burger, but with none of the guilt of a bun! These chicken patties are flavoured with Moroccan spices and paired with roast butternut, crispy lentils, baby marrow, and drips of hummus dressing.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Tess Witney

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

600g	Butternut Chunks <i>cut into bite-sized pieces</i>
15ml	NOMU Moroccan Rub
180g	Lentils <i>drained & rinsed</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into rounds</i>
450g	Free-range Chicken Mince
3	Garlic Cloves <i>peeled & grated</i>
30g	Pumpkin Seeds
150ml	Hummus
45ml	Pomegranate Dressing
60g	Salad Leaves <i>rinsed</i>
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
3	Spring Onions <i>thinly sliced</i>

From Your Kitchen

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

1. FRAGRANT BUTTERNUT Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil, ½ of the Moroccan rub, and some seasoning to taste. Roast in the hot oven for 35-40 minutes. Place the drained lentils and the baby marrow rounds on a separate roasting tray, coat in oil, and season. Spread out in a single layer and set aside.

2. MAKE THE SPICED PATTIES Place the mince and grated garlic in a bowl. Combine with the remaining Moroccan rub to taste and lightly season. Wet your hands slightly to prevent the mince from sticking to them and shape into 6 patties of about 2cm thick. Set aside until frying.

3. BURGER BOWL BITS Place the seeds in a large, nonstick pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion. Place the hummus in a bowl and mix in the pomegranate dressing to taste. Loosen with milk or water in 5ml increments until drizzling consistency and season to taste. Set the seeds and hummus aside for serving.

4. LOOKING GOOD... When the butternut reaches the halfway mark, give it a shift and return to the oven. Pop in the tray of lentils and the baby marrow rounds and cook for the remaining roasting time. On completion, the lentils should be crispy and the butternut should be cooked through and caramelised.

5. FRY THOSE BEAUTS! When the roast veg has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil. When hot, fry the patties for 2-3 minutes per side until golden. Remove from the heat on completion and allow to rest in the pan for 2-3 minutes before serving.

6. JUST BEFORE SERVING In a bowl, combine the crispy lentils, the roasted butternut and the baby marrow.

7. YOUR ULTIMATE BUNLESS BURGER Dish up the loaded butternut alongside the rinsed salad leaves. Top with the juicy chicken patties. Cover in sprinkles of toasted seeds and drizzles of hummus dressing. Garnish with the chopped mint and the sliced spring onion. Divine, Chef!



Chef's Tip

To check if your patties are seasoned enough, fry a bite-size piece of the patty mixture for 1-2 minutes until cooked. Taste and add more seasoning to the raw mixture, if needed.

Nutritional Information

Per 100g

Energy	432kj
Energy	103kcal
Protein	7.6g
Carbs	11g
of which sugars	2.2g
Fibre	3.1g
Fat	3.2g
of which saturated	0.8g
Sodium	101mg

Allergens

Allium, Sesame, Sulphites

Cook
within 1
Day