



# UCCOOK

## Gochujang Bunless Beef Burger

with kimchi mayo & daikon "chips"

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Waterkloof | Revenant Wild Ferment Syrah

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 542kJ    | 3179kJ      |
| Energy             | 130kcal  | 760kcal     |
| Protein            | 6.2g     | 36.6g       |
| Carbs              | 7g       | 38g         |
| of which sugars    | 2.6g     | 15.5g       |
| Fibre              | 1.5g     | 8.7g        |
| Fat                | 8.4g     | 49g         |
| of which saturated | 2.3g     | 13.7g       |
| Sodium             | 301mg    | 1767mg      |

**Allergens:** Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                                               |
|----------|------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 600g     | 800g       | Beetroot<br><i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>                                                              |
| 30ml     | 40ml       | White Sesame Seeds                                                                                                                            |
| 90g      | 120g       | Daikon Rounds<br><i>cut into thin matchsticks</i>                                                                                             |
| 150ml    | 200ml      | Bulgogi Sauce<br><i>(90ml [120ml] Low Sodium Soy Sauce, 22,5ml [30ml] Rice Wine Vinegar, 7,5ml [10ml] Sesame Oil &amp; 30ml [40ml] Sugar)</i> |
| 2        | 2          | Spring Onions                                                                                                                                 |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                                                                                      |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>                                                                                                       |
| 15ml     | 20ml       | Gochujang                                                                                                                                     |
| 90g      | 120g       | Kimchi<br><i>roughly chop</i>                                                                                                                 |
| 125ml    | 160ml      | Hellmann's Tangy Mayonnaise                                                                                                                   |
| 3        | 4          | Beef Burger Patties                                                                                                                           |
| 120g     | 160g       | Salad Leaves<br><i>rinse</i>                                                                                                                  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **UN-BEET-ABLE** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. **SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **DELISH DAIKON** In a bowl, combine the daikon with a ¼ of the bulgogi sauce, and set aside.

4. **GOCHUJANG & BULGOGI SAUCE** Rinse, trim and finely slice the spring onion, keeping the white and green parts separate. Place a pan over medium heat with a drizzle of oil. When hot, fry the spring onion whites until golden, 3-4 minutes (shifting occasionally). Add the garlic and the ginger and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Mix in the gochujang (to taste) and the remaining bulgogi sauce. Simmer until thickening, 2-3 minutes (shifting occasionally). Remove from the pan.

5. **KIMCHI MAYO** In a small bowl, combine the kimchi with the mayo and a splash of water. Season and set aside. When the beetroot is done, toss with ½ the seeds.

6. **BROWNEED BEEF** Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked to your preference, 2-3 minutes per side. Remove from the pan and season.

7. **YOU MADE THAT, CHEF!** Make a bed of salad leaves and top with the roasted beetroot, the juicy patties and generously drizzle over the bulgogi sauce. Finish by topping with the daikon matchsticks, the remaining seeds, the spring onion greens (to taste), and dollops of the kimchi mayo.