



UCOOK

Homemade Burger & Slaw

with carrot wedges

A homemade beef patty is topped with a That Mayo cabbage slaw and tomatoes before being closed up in perfectly toasted buns. Sided with classic roasted carrot wedges.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

720g	Carrot <i>rinsed, trimmed & cut into wedges</i>
60ml	That Mayo (Original)
200g	Cabbage <i>1½ finely sliced</i>
450g	Beef Mince
3	Burger Buns <i>halved</i>
1	Tomato <i>thinly sliced</i>

From Your Kitchen

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

1. CARROT WEDGES Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CABBAGE SLAW In a bowl, loosen the mayo with a splash of water. Add the sliced cabbage and seasoning. Toss until coated. In a bowl, combine the mince and seasoning. Wet your hands slightly and shape the mince mixture into 3 patties, of about 2cm thick. Set aside.

3. FRY THE PATTIES When the carrots have 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked to your preference, 2-4 minutes per side. Remove from the pan and season.

4. CRISPY BUNS Spread butter or oil over the cut-side of the halved buns. Return the pan, wiped down, to medium heat. When hot, toast the buns cut-side down, until golden, 1-2 minutes.

5. STACK 'EM! Plate up the toasted buns and top with the browned burger patties, tomato slices, and some of the slaw. Close up with the other bun halves and side with the carrot wedges, the remaining slaw, and tomato slices. Delish work, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	527kJ
Energy	126kcal
Protein	5.7g
Carbs	13g
of which sugars	3.3g
Fibre	1.8g
Fat	5.5g
of which saturated	2g
Sodium	88mg

Allergens

Egg, Gluten, Wheat, Sulphites

Cook
within 3
Days