



WCOOK

Spicy Crumbed Chicken & Bacon Burger

with a fresh side salad

Hands-on Time: 25 minutes

Overall Time: 40 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 <i>peel & finely dice ½ & peel & 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 <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
30g	60g	Danish-style Feta <i>drain</i>
1	1	Avocado <i>cut in half & 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.