

UCOOK

Peri-peri Charcoal Burger

with a **Green Fields Vegan Burger Patty**
& **potato wedges**

Make an eye-catching statement on the plate with this charcoal burger bun. Nestled inside is a smear of spicy peri-peri mayo, briny gherkins, fresh greens, sweet caramelised onions, and a pan-seared Green Fields premium burger patty. Sided with oven roasted potato wedges.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

Veggie

Stettyn Wines | Stettyn Family Range Cabernet
Sauvignon 2021

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Ingredients & Prep

600g	Potato <i>rinse & cut into wedges</i>
2	Onions <i>peel & roughly slice 1½</i>
3	Charcoal Burger Buns
3	Green Fields Vegan Burger Patties
120ml	Peri-peri Mayo <i>(45ml Colleen's Peri-peri Sauce & 75ml Mayo)</i>
60g	Green Leaves <i>rinse</i>
60g	Gherkins <i>drain & slice</i>

From Your Kitchen

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

1. CRISPY WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. SWEET, SILKY ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. ON A ROLL Halve the rolls and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

4. JUICY PATTY Remove the patties from the freezer. Return a pan to medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-3 minutes per side. Remove from the pan.

5. BEST BURGER EVER Place the burger buns, cut-side up, on a plate. Smear some peri-peri mayo on the bottom halves of the buns and top with the shredded leaves, the sliced gherkins, the patties, and the caramelised onions. Side with the crispy wedges and any extra mayo for dipping. Well done, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	531kJ
Energy	127kcal
Protein	5.5g
Carbs	18g
of which sugars	2.7g
Fibre	2.1g
Fat	3.9g
of which saturated	0.4g
Sodium	159mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Soy

Eat
Within
3 Days