



UCOOK

Smashed Beef Burger Tacos

**with a tomato, spring onion & gherkin
salsa**

What do you get when you combine a foodie trend with a food-fusion recipe? This recipe, Chef! Impress with a smashed burger patty turned into a taco, topped with oozy melted cheese and drizzled with a South African-inspired taco sauce. Side with a tomato, coriander, piquanté peppers, and gherkins salsa.

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Suné van Zyl

 Quick & Easy

 Stettyn Wines | Stettyn Family Range Cabernet
Sauvignon 2021

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Ingredients & Prep

20g	Green Leaves
1	Tomato
1	Spring Onion
3g	Fresh Coriander
10g	Gherkins
10g	Piquanté Peppers
10g	Almonds
1 unit	Plain Tangy Mayo
20ml	Taco Sauce <i>(10ml Tomato Sauce, 5ml Worcestershire Sauce & 5ml Dijon Mustard)</i>
1	Free-range Beef Burger Patty
2	Wheat Flour Tortillas
40g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

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

1. CHOP-CHOP Rinse the green leaves, the tomato, the spring onion, and the coriander. Finely shred the green leaves. Roughly dice the tomato. Trim and roughly slice the spring onion. Pick and roughly chop the coriander. Drain the gherkins and the piquanté peppers. Finely chop the gherkins. Roughly chop the almonds. Set all aside separately.

2. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY TACO SAUCE In a bowl, combine the mayo with the taco sauce, a sweetener, a drizzle of oil, and seasoning. Set aside.

4. TACO MEATBALLS To a bowl, add the burger patty and season. Break up the patty and mix to combine. Divide the mince mixture into 2 small meatballs. Lay the tortillas out and press a meatball onto each one in a thin layer.

5. CHEESY MEATBALLS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the tortillas, meat-side down, until browned and cooked through, 1-2 minutes. Flip and remove from the heat. Scatter over the grated cheese. Cover to melt, 30 seconds - 1 minute. Remove from the pan and set aside.

6. LET'S SALSA In a bowl, combine the diced tomato, the sliced spring onion, ½ the chopped coriander, the drained piquanté peppers, the diced gherkins, a drizzle of olive oil, and seasoning. Set aside.

7. TAKE A PIC AND SHARE Plate up the tacos and top with the shredded leaves and the zingy tomato salsa. Drizzle over the taco sauce. Garnish with the toasted almonds and the remaining coriander. Fold up and dig in!



Chef's Tip

If frying in batches, keep the completed tacos in the oven on a low heat until you are done to avoid soggy tortillas.

Nutritional Information

Per 100g

Energy	869kJ
Energy	208kcal
Protein	7.5g
Carbs	10g
of which sugars	2.4g
Fibre	1.7g
Fat	14.7g
of which saturated	4g
Sodium	249mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Cook
within 2
Days