



UCOOK

Mid-eastern Bunless Chicken Burger

with roasted beetroot & carrots

The classic chicken burger gets a mouthwatering makeover by bringing Middle-Eastern flavours into the mix. Green curry, onion & ginger chicken patties are pan fried, then dished up next to oven roasted beetroot & carrots, plus a fresh salad. Drizzled with a spiced tahini sauce and finished with toasted seeds.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jason Johnson

 Carb Conscious

 Simonsig | Gewürztraminer

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
120g	Carrot <i>trimmed, peeled & cut into wedges</i>
150g	Free-range Chicken Mince
5ml	Green Curry Paste
1	Onion <i>peeled, ¼ finely diced & ¾ finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Pumpkin Seeds
37,5ml	Spicy Tahini Sauce <i>(20ml Tahini, 10ml Lime Juice, 5ml Low Sodium Soy Sauce & 2,5ml Sriracha Sauce)</i>
10g	Fresh Ginger <i>peeled & grated</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
100g	Cucumber <i>cut into thin rounds</i>

From Your Kitchen

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

1. CAN'T BEET THIS Preheat the oven to 200°C. Spread the beetroot pieces and carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. CURRY MINCE Place the mince into a bowl and combine with the curry paste (to taste), the diced onion (to taste), the grated garlic, and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 patties of about 2cm thick. Set aside until frying.

3. PUMPED UP FLAVOUR Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SPICY-SWEET SAUCE & SALAD In a small bowl, combine the spicy tahini sauce with the grated ginger, a sweetener, a drizzle of oil, and seasoning. Set aside. In a salad bowl, combine the shredded leaves, the cucumber rounds, a drizzle of olive oil, and seasoning.

5. GOLDEN ONIONS Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Set aside.

6. PERFECT PATTIES When the roast veg has about 10 minutes remaining, return the pan to a high heat with a drizzle of oil. When hot, fry the patties for 2-3 minutes per side until golden. Remove from the heat and allow to rest in the pan for 2-3 minutes before serving.

7. HEAVENLY HAMBURGER Dish up the roasted veg alongside the fresh salad. Top with the spiced chicken patties and golden onions. Drizzle over the spiced tahini sauce. Garnish with the toasted seeds.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	342kj
Energy	82kcal
Protein	5.2g
Carbs	6g
of which sugars	2g
Fibre	1.9g
Fat	3.5g
of which saturated	0.7g
Sodium	111mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day