

UCOOK

The Ultimate Ostrich Burger

with caramelised onions, That Mayo & carrot fries

Burgers are pretty much a perfect food. Here we've got a juicy homemade ostrich patty sandwiched between a toasty, cheesy bun, along with caramelised onions, fresh green leaves and tomato slices. Oh, and did we mention there's carrot fries on the side?

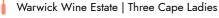
Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser





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Ingredients & Prep

120g Carrot
cut into wedges

150g Free-range Ostrich Mince

1 Garlic Clove
peeled & grated

10ml NOMU Provençal Rub

Onion

½ finely diced & ½ finely sliced

Burger Bun

defrosted & halved
Grated Cheddar &

Mozzarella Cheese Mix
Green Leaves
rinsed & shredded

Plum Tomato

½ sliced into thin rounds &

½ diced

That Mayo (Original)

From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper

Water

50g

20g

40ml

Sugar/Sweetener/Honey

Egg/s Butter (optional) 1. EDGY VEGGIE Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up.

2. GET YOUR HANDS DIRTY In a bowl, add the mince, the grated garlic, the rub, the diced onion, an egg, and some seasoning. Mix until fully combined. Shape the mixture into a patty, a little wider than your burger bun.

3. CARAMEL ONIONS Place a pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the sliced onion and fry for 8-10 minutes, shifting occasionally, until soft and starting to caramelise. Reduce the heat and mix in a sweetener of choice. Fry for a further 4-5 minutes, shifting regularly, until sticky and caramelised. Transfer to a bowl, and cover to keep warm.

4. JUICY PATTY Wipe down the pan and return it to a medium-high heat with a drizzle of oil. When hot, fry the patties for 2-3 minutes per side until browned and cooked through. (This time frame will yield a medium-rare result.) Remove from the pan and set aside to rest for at least 5 minutes.

heat. Butter the halved burger buns or drizzle with oil. When the pan is hot, toast the halved buns, cut-side down until warmed through and starting to brown. Remove from the pan and sprinkle the cheese on the bottom halves of the buns. Place in the oven cheese side up for 2 minutes

until the cheese starts to melt.

5. BUN IN A MILLION Return the pan, wiped down, to a medium high

cheese-covered bun half and top with the sliced tomato, the patty and the caramelised onions. Smear the other bun half with some mayo. Pile the carrot chips on the side with the remaining mayo for dipping. Toss the remaining green leaves with the diced tomatoes and serve on the side. Scrumptious!

6. BURGER FEAST! Place the shredded green leaves on the



Make a shallow indentation in the centre of each patty when shaping them - this will help prevent them from puffing up as they cook.

Nutritional Information

Per 100g

Energy	601
Energy	144Kca
Protein	8
Carbs	13
of which sugars	3.1
Fibre	1.6
Fat	6.3
of which saturated	2.3
Sodium	192.3mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat. Sulphites

> Cook within 3 Days