



UCCOOK

Bunless Beef Burger

with roasted veg, blistered baby tomatoes & That Mayo

The ultimate bunless beef burger! Amped up with fried onions and sided with charred baby marrow, carrot, blistered baby tomatoes & sprinkled with fresh chives. Guilt-free and gratifying!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Waterkloof | False Bay Pinotage

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
4g	Fresh Thyme <i>rinsed & picked</i>
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
80g	Baby Tomatoes <i>cut in half</i>
150g	Free-range Beef Mince
1	Onion <i>peeled, ¼ finely diced & ¼ roughly sliced</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>
10ml	NOMU Cajun Rub
20g	Grated White Cheddar Cheese
20g	Green Leaves <i>rinsed</i>
25ml	That Mayo (Original)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROAST MOMENT Preheat the oven to 200°C. Place the carrot wedges, and the picked thyme on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes. Place the baby marrow chunks and halved baby tomatoes in a bowl. Coat in oil and season. Set aside.

2. ALL TOGETHER In a bowl, combine the mince, the diced onion (to taste), ½ the chopped chives, the rub, and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 patties about 2cm thick. Set aside.

3. BLISTERED BABY TOMATOES When the roast is halfway, give the tray a shift. Scatter the dressed baby marrow chunks and baby tomatoes over the tray and roast for the remaining time. On completion, the tomatoes should be blistered and the veg should be cooked through.

4. FRY BABY Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 4-5 minutes until soft and starting to brown, shifting occasionally. Remove from the pan and cover to keep warm.

5. CHEESY PATTIES Return the pan to high heat with a drizzle of oil. When hot, add the patties and fry for 3-4 minutes per side until golden. In the final minute, remove the pan from the heat and sprinkle the grated cheese over the patties. Cover with the lid and set aside until the cheese is melted.

6. GUILT-FREE DINNER Make a bed of the rinsed green leaves. Top with the cheesy patties and the fried onions. Side with the roast and the mayo for dunking. Sprinkle over the remaining chives. Super yummy, Chef!

Nutritional Information

Per 100g

Energy	439kJ
Energy	105kcal
Protein	5.6g
Carbs	6g
of which sugars	2.5g
Fibre	1.6g
Fat	6.3g
of which saturated	2.4g
Sodium	127mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days