



QCOOK

Smashed Beef Pancakes

with caramelised onions, cheddar cheese & mayo

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 516kJ | 5336kJ |
| Energy | 123kcal | 1276kcal |
| Protein | 5.5g | 57g |
| Carbs | 11g | 113g |
| of which sugars | 3.5g | 36.4g |
| Fibre | 1.2g | 12.4g |
| Fat | 6.6g | 68.7g |
| of which saturated | 2.5g | 25.5g |
| Sodium | 104mg | 1072mg |

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 1 | Onion <i>peel & roughly slice</i> |
| 150g | 300g | Beef Mince |
| 5ml | 10ml | NOMU Roast Rub |
| 125ml | 250ml | Pancake Mix <i>(117.5ml [235ml] Self-raising Flour & 7.5ml [15ml] Sugar)</i> |
| 150ml | 300ml | Low Fat UHT Milk |
| 50g | 100g | Cheddar Cheese <i>roughly slice</i> |
| 10ml | 20ml | White Balsamic Vinegar |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 120g | 120g | Carrot <i>rinse, trim & peel ¼ [½] into ribbons</i> |
| 1 | 1 | Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i> |
| 20g | 40g | Gherkins <i>drain & roughly slice</i> |
| 50ml | 100ml | Hellmann's Tangy Mayonnaise |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter (optional)

1. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. PATTY PREP In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 1 [2] balls, of about 1cm thick. Set aside.

3. PANCAKES PREP In a bowl, combine the pancake mix with a pinch of salt. Gradually whisk in the milk until a smooth batter. The consistency should be pourable but not too runny.

4. LET THE FUN BEGIN Place a non-stick pan over medium heat with a drizzle of oil. When hot, cook 2 [4] small pancakes (about 10cm wide) until bubbles form on the surface and the edges look set, 2-3 minutes. Flip and cook until golden brown, 2-3 minutes. Remove from the pan.

5. YOU'RE SMASHING THIS! Place a pan over medium-high heat with a drizzle of oil. When hot, add the beef ball/s, using a spatula or burger press, smash the balls flat into a thin patty (about 1cm thick). Cook until the edges are crispy and browned, 1-2 minutes. Flip, add the cheese, cover with a lid and cook until the cheese is melted, 1-2 minutes. Remove from the pan.

6. SOME FRESHNESS In a salad bowl, combine the vinegar, a drizzle of olive oil, and 5ml of sweetener. Add the salad leaves, the carrot, the peppers, seasoning, and toss to combine.

7. TIME TO DINE Top 1 [2] of pancakes with the cheesy smashed patty, caramelised onions, and gherkins. Drizzle over the mayo (to taste), then close with the remaining pancake. Serve the salad on the side and dig in, Chef!