



U C O O K

— COOKING MADE EASY

ASIAN-STYLE FALAFEL BURGER

with warm, spicy cabbage slaw & That Mayo

A crunchy falafel patty on a buttery bun, piled with spicy slaw, cannellini beans, and the best mayo around. With ginger, garlic, soy, and lime, this fusion veg burger has action-packed Asian flavour.

Prep + Active Time: 20 minutes

Total Cooking Time: 25 minutes

 **Serves:** 1 person

 **Chef:** Tess Witney

 **Vegetarian**

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients

58g	Outcast Burger Mix
20ml	Soy Sauce
1	Lime <i>cut into wedges</i>
1	Onion <i>one half peeled & thinly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Ginger <i>peeled & grated</i>
60g	Cannellini Beans <i>drained & rinsed</i>
75	Shredded Green & Red Cabbage and Julienne Carrots
15ml	Sriracha Sauce
1	Burger Bun <i>sliced in half</i>
20g	Green Leaves <i>rinsed</i>
15ml	That Mayo Original Mayo

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Paper Towel
Water



CHEF'S TIP

Cabbage is a great source of Vitamin K, which is vital for wound healing and bone health. Eat your slaw, hurt no more.

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. BURGER PATTY PREP

Boil the kettle. Place the falafel burger mix, a pinch of salt, and 80ml of boiling water in a shallow bowl. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

3. WARM ASIAN SLAW

Combine the soy sauce with some lime juice, reserving a lime wedge for serving. Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 3-4 minutes until soft and translucent. Add the grated garlic and ginger and fry for about a minute. Add in the drained cannellini beans, cabbage and carrot mix, and limey soy sauce. Cook for 3-4 minutes, stirring occasionally, until the cabbage has wilted. Stir in some sriracha and seasoning to taste. Remove from the pan on completion, place in a bowl, covered, and set aside until serving.

4. BURGER BLISS

When the falafel mixture is ready to roll, shape it into a 1cm thick patty. Wipe down the pan and return to a medium-high heat with enough oil to cover the base. When hot, fry the patty for 3-4 minutes per side until golden brown and crispy. Remove from the pan on completion and set aside to drain on some paper towel. Wipe down the pan and return it to the stove to heat the burger bun. Toast it cut-side down for about a minute until crisp and golden.

5. GET A LOAD OF THIS!

Time to load up your burger! Smear some mayo on the bottom half of the bun and top with some rinsed green leaves and the crispy falafel patty. Spoon over a generous helping of the spicy Asian slaw. Close up the burger with the other half of the bun and serve with a wedge of lime on the side! Well done, Chef!

Nutritional Information

Per 100g

Energy (kj)	640
Energy (kcal)	153
Protein	5
Carbs	23
of which sugars	2
Fibre	5
Fat	3
of which saturated	1
Salt	1

Cook within: 1 days **Allergens:** Egg Gluten Dairy Allium Sesame Wheat Soy



Loved the dish? Rate it online.



Crowd Pleaser



Stove Top Only