



UCCOOK

Fantastic Beef Burger Bowl

with green beans, avocado & gherkins

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	511kJ	4189kJ
Energy	122kcal	1002kcal
Protein	4.6g	38g
Carbs	6g	52g
of which sugars	2.2g	18.3g
Fibre	2.8g	22.8g
Fat	8.8g	72g
of which saturated	2g	16.7g
Sodium	75mg	618mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	White Wine Vinegar
1	1	Onion <i>peel & finely slice ½ [1]</i>
40ml	80ml	Salad Dressing <i>(15ml [30ml] Low Fat Plain Yoghurt, 5ml [10ml] Tomato Sauce, 5ml [10ml] Wholegrain Mustard & 15ml [30ml] Mayo)</i>
10ml	20ml	NOMU One For All Rub
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
80g	160g	Green Beans <i>rinse</i>
1	2	Beef Patty/ies
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & cut into chunks</i>
20g	40g	Gherkins <i>drain & cut into rounds</i>
5g	10g	Pumpkin Seeds

From Your Kitchen

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

1. PICKLE & DRESSING In a bowl, combine the vinegar, 5ml [10ml] of sweetener, and seasoning. Add the onion and set aside to pickle. Drain just before serving. In a small bowl, combine the salad dressing, ½ the NOMU rub, a sweetener (to taste), and seasoning. Set aside.

2. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 [5-6] minutes (shifting occasionally). Remove from the pan, season, and cover.

3. SIZZLE AWAY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patty/ies until browned and cooked to your preference, 3-4 minutes per side. In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and season.

4. BEST BURGER EVER! Make a bed of salad leaves. Top with the beef patty/ies, the charred green beans, the tomato chunks, the avocado slices, the gherkin rounds, and the drained pickled onion (to taste). Drizzle over the salad dressing, and sprinkle over the pumpkin seeds. Cheers!

Chef's Tip Toast the pumpkin seeds in a pan over medium heat until golden brown, 3-4 minutes (shifting occasionally).