



# UCOOK

## Beef Sliders & Creamy Slaw

with green leaves & gherkins

Love a good burger but hate the mess when you eat it, Chef? Introducing the wonderful world of sliders. A mini toasted bun is stacked with a cheesy patty, a smear of mayo & mustard, fresh greens, and gherkins. Sided with a creamy cabbage slaw. This meal will slide down with mouthwatering ease!

---

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

---

**Serves:** 1 Person

---

**Chef:** Hellen Mwanza

---

Quick & Easy

---

 Painted Wolf Wines | The Den Pinotage 2022

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

3	Free-range Beef Meatballs
30g	Grated Mozzarella Cheese
3	Slider Buns
30ml	Mayo
20ml	Low Fat Plain Yoghurt
75g	Shredded Cabbage
5ml	Dijon Mustard
20g	Green Leaves <i>rinse</i>
20g	Gherkins <i>drain &amp; slice</i>

## From Your Kitchen

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

**1. MAKE MEATBALLS INTO PATTIES** Squash the meatballs flat to form mini patties. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-3 minutes per side. In the final 30 seconds, sprinkle over the cheese until melted. Remove from the pan.

**2. A TOAST TO YUM** Halve the slider buns, and spread butter (optional) or oil over the cut-sides. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

**3. CREAMY SLAW** In a bowl, combine  $\frac{1}{2}$  the mayo, the yoghurt, the shredded cabbage, and seasoning.

**4. BURGER, I MEAN, SLIDER NIGHT!** Smear the bottom toasted bun halves with the remaining mayo and the top toasted bun halves with the mustard. Top the bottom bun halves with the rinsed green leaves, the cheesy patties, and the sliced gherkins. Season and close up with the top bun halves. Side with the creamy cabbage slaw.

## Nutritional Information

Per 100g

Energy	949kJ
Energy	227kcal
Protein	9.4g
Carbs	16g
of which sugars	4.2g
Fibre	1g
Fat	14g
of which saturated	3.9g
Sodium	191.9mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy, Cow's Milk

Eat  
Within  
2 Days