



UCOOK

Vegan Fashionista BBQ Burger

with spiced sweet potato wedges, salad
garnishings & fresh green leaves

The ultimate in stylish dining partners! With lashings of dreamy BBQ sauce and drips of That Mayo vegan mayo. You'll be smitten with fresh and fabulous salad toppings and, of course, a crispy homemade Outcast burger patty.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Tess Witney

 Veggie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
20ml	NOMU Spanish Rub
100g	Cucumber <i>sliced into rounds</i>
40ml	Pickling Liquid <i>(30ml White Wine Vinegar & 10ml Golden Syrup)</i>
110g	Outcast Vegan Burger Mix
2	Vegan Burger Buns <i>halved & buttered (optional)</i>
40g	Green Leaves <i>rinsed</i>
1	Tomato <i>rinsed & sliced into thin rounds</i>
60ml	That Mayo (Vegan)
30ml	BBQ Sauce

From Your Kitchen

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

1. WE LOVE WEDGES! Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, ½ the Spanish Rub (to taste), and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PICKLE THE CUCUMBER Boil the kettle for step 3. Place the cucumber rounds in a bowl with the pickling liquid and a generous pinch of salt. Toss to coat and set aside to pickle.

3. PREP THE BURGERS Place the burger mix, a pinch of salt, and the remaining Spanish Rub in a bowl. Pour in 180ml of boiling water and mix well to combine (but not for longer than about 30 seconds). Cover with a plate and set aside to rehydrate for at least 10 minutes.

4. BURGER TIME When the wedges have 10 minutes remaining, shape the burger mix into 2 patties, about 1cm in thickness. Place a nonstick pan over medium-high heat with enough oil to cover the base. When hot, fry the patties 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.

5. BITS & BOBS Pop the halved buns in the oven cut-side up, and heat for 2-3 minutes. Place the rinsed green leaves in a bowl with a drizzle of oil and a small splash of the liquid from the pickled cucumber. Season to taste and toss to coat. Lightly season the tomato slices with salt and a crack of black pepper.

6. STACK IT UP! Smear the mayo on the bun halves and layer with the pickled cucumber and dressed leaves. Pop on the veggie patty, dollop over the BBQ sauce, and top with the tomato slices. Serve the roast sweet potato wedges on the side with any remaining toppings. We can't wait for you to start!



Chef's Tip

If your burger mix is still a bit dry after leaving to rehydrate for 10 minutes, leave it to stand for a few extra minutes until the mix can easily be formed into a patty.

Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	3.7g
Carbs	22g
of which sugars	5.5g
Fibre	4.4g
Fat	3g
of which saturated	0.8g
Sodium	285mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days