



UCOOK

Vegetarian Greek Halloumi Burger

with tzatziki & almonds

Cool and refreshing tzatziki combines wonderfully with the hot, crisp halloumi patty. Green leaves, tomato & caramelised onions are the ideal companions for these Greek-style burgers, sided with crispy chips.


Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Ella Nasser

 Fan Faves

 Harry Hartman | Stellenbosch Sauvignon Blanc

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

Ingredients & Prep

800g	Potato <i>rinsed & cut into 1cm thick fries</i>
40g	Almonds
2	Tomatoes <i>sliced into rounds</i>
20ml	Dried Oregano
2	Garlic Cloves <i>peeled & grated</i>
2	Red Onions <i>peeled & roughly sliced</i>
4	Schoon Burger Buns <i>halved</i>
4	Halloumi Patties
80g	Green Leaves <i>rinsed</i>
40ml	Red Wine Vinegar
170ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey

1. CRISPY FRIES Preheat the oven to 200°C. Rinse the potato fries in cold water and pat dry with paper towel. Spread out on a roasting tray. Coat generously in oil and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. TOAST & MARINATE Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, add the tomato rounds, the oregano, the grated garlic (to taste), and a drizzle of olive oil. Toss and let sit until serving.

3. CARAMELISATION STATION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. BUTTERED BUNS Spread butter or oil over the cut-side of the halved buns. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

5. ALMOST THERE... Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi patties until crispy and golden, 1-2 minutes per side. Drain on paper towel. In a salad bowl, add the vinegar, a drizzle of oil, and 4 tsp of sweetener. Add ½ of the rinsed green leaves, the toasted almonds, toss together and set aside.

6. GREEK FEAST Smear the tzatziki on the bottom half of the bun. Layer with the remaining green leaves, the marinated tomatoes, the halloumi patty, and the caramelised onions. Close it all up with the remaining bun half. Pile the crispy fries and the nutty salad on the side, with the remaining tzatziki for dipping. Serve with any remaining fillings on the side. Scrumptious!



Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	639kJ
Energy	153kcal
Protein	7.5g
Carbs	15g
of which sugars	2.2g
Fibre	3.3g
Fat	6.9g
of which saturated	4.3g
Sodium	179mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days