



UCCOOK

Eastern Fusion Bunless Chicken Burger

with roasted carrots & a spicy tahini sauce

Hands-on Time: 20 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jason Johnson

Nutritional Info	Per 100g	Per Portion
Energy	284kj	2064kj
Energy	68kcal	494kcal
Protein	4.7g	34.1g
Carbs	7g	48g
of which sugars	3g	19g
Fibre	2g	11g
Fat	2.5g	18.4g
of which saturated	0.6g	4.3g
Sodium	116.7mg	848.6mg

Allergens: Sulphites, Soy, Gluten, Sesame, Wheat, Allium

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	Tahini
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
30ml	60ml	Spicy Sauce <i>(15ml [30ml] Lime Juice, 12,5ml [25ml] Low Sodium Soy Sauce, 2,5ml [5ml] Sriracha Sauce)</i>
150g	300g	Free-range Chicken Mince
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
5ml	10ml	Green Curry Paste
1	1	Onion <i>peel, finely dice ¼ [½] & finely slice ¼ [½]</i>
240g	480g	Carrot <i>trim, peel & cut into wedges</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey (optional)

Cooking Spray

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CURRY MINCE Place the mince into a bowl and combine with the curry paste (to taste), the diced onion (to taste), the garlic and seasoning. Wet your hands slightly to prevent the mince from sticking to them and shape into 2 [4] patties of about 2cm thick. Lightly coat in cooking spray and set aside until frying.

3. SPICY-SWEET SAUCE & SALAD In a small bowl, combine the spicy sauce with the tahini, ginger, a sweetener (optional and to taste), and seasoning. Set aside. In a salad bowl, combine the salad leaves, the cucumber, and season.

4. GOLDEN ONIONS Place a pan over medium heat. When hot, add the onion and lightly coat in cooking spray until golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

5. PERFECT PATTIES When the roast veg has about 10 minutes remaining, return the pan to a high heat. When hot, fry the patties for 2-3 minutes per side until golden. Remove from the heat and allow to rest in the pan for 2-3 minutes before serving.

6. HEAVENLY HAMBURGER Dish up the roasted veg alongside the fresh salad. Top with the spiced chicken patties and the golden onions. Drizzle over the spiced tahini sauce.