



**GojiMan** | Nutrition

**SATURDAY NIGHT BURGER**

**VERY BERRY DESSERT**





# Saturday Night Burger

**GojiMan**  
Nutrition

**Serves 2**

## **Burger mix:**

150g sweet potato  
150g black beans  
½ onion  
100g rice (cooked)  
1 tbsp gluten free bread crumbs  
2 tsp gluten free flour  
1 tsp cumin  
1 tsp garlic powder  
1 tsp smoked paprika  
Black pepper

## **Sweet potato fries:**

300g sweet potatoes,  
chopped

## **Smoky jackfruit sauce:**

1 tin jackfruit, shredded  
½ a red cabbage, chopped  
½ red onion, chopped  
150g cherry tomatoes,  
chopped  
1 red chilli, chopped  
1 tsp smoked paprika

3 tsp tamari sauce  
2 tbsp, tomato puree  
½ lime

2 garlic cloves

## **Burger toppings:**

2 bread rolls  
1tbsp jalapeños, chopped  
1 large tomato, chopped  
Lettuce, chopped



## Method

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### **1 Burger mix:**

Chop the sweet potatoes into cubes. Put the potatoes on a baking tray and cook in the oven at 200C for 20 minutes or until golden brown.

Once the sweet potatoes are cooked, add all the burger mix ingredients into a blender and blitz until you have a sticky texture. Add a dash of water if needed. When the mixture is ready, mould into burger patties. You can use a spoon, your hands or a cookie cutter for this.

### **2 Fries:**

Cut the sweet potatoes into wedges or thin fries.

Put the fries and the burger in the oven on 200C for 20-30 mins or until they are golden brown.

### **3 Smoky jackfruit sauce:**

Add your onion, tomatoes, chilli and garlic and sauté in a pan for 5 mins. Then add your tomato puree, smoked paprika, tamari and lime.

Next, put your jackfruit in a bowl and break apart with a spoon or fork. Then add it to the pan.

Cook for 15-20 mins, adding water when needed. When it's nearly ready, add in your shredded cabbage.

### **4 Assemble your burger and add your toppings.**

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*'Can't beat a Saturday night burger!'*

# Very Berry Dessert

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## Serves 1

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100g raspberries  
100g pomegranate  
100g blueberries  
100g strawberries  
120g coconut yogurt

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## Method

Add your yogurt to a bowl and top with blueberries, pomegranate, raspberries and strawberries.  
That's it! You're ready to go!

*'Shhhh! Don't tell Emma!'*

