



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



Beef Mexiburgers with Grilled Corn

Grilled beef burgers with a Mexican twist! Lime guacamole, sweet and smoky paprika and a beef patty, loaded in soft hamburger buns from Abhi's bakery, served with charred corn on the cob.



20 minutes



4 servings



Beef

30 June 2023

Keep it simple!

Instead of making the guacamole and cooked paprika you can slice and serve all the fillings fresh! Add some cheese or lettuce if desired.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	21g	49g

FROM YOUR BOX

CORN COBS	2
RED ONION	1
RED PAPRIKA	1
LIME	1
AVOCADOS	2
HAMBURGER BUNS	4-pack
BEEF HAMBURGERS	4-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

griddle pan (or frypan), frypan

NOTES

You can use a pre-made Mexican spice mix if you have one, or leave the spices out if preferred.

No gluten option - hamburger buns are replaced with gluten-free burger buns



1. GRILL THE CORN

Heat a griddle pan or frypan over high heat. Cut corn into cobs, coat with **oil, salt and pepper**. Cook, turning occasionally, for 8-10 minutes until charred. Set aside (keep pan for step 4).



2. COOK THE PAPRIKA

Heat a frypan over medium-high heat with **oil**. Slice onion and paprika. Add to pan along with **2 tsp smoked paprika** and **1 tsp cumin** (see notes). Cook for 6-8 minutes until softened.



3. PREPARE THE GUACAMOLE

Zest lime and set aside (for corn). Mash avocados with juice from 1/2 lime (wedge remaining). Season with **salt and pepper**.



4. TOAST BUNS (OPTIONAL)

Cut burger buns in half and drizzle with **oil**. Toast (in batches), cut side down on griddle pan for 1 minute.



5. COOK THE BURGERS

Coat hamburgers with **oil, salt and pepper**. Cook on griddle pan for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Assemble burger buns with guacamole, beef patty, cooked paprika and onion. Sprinkle corn with lime zest and serve with lime wedges.



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