



### Product Spotlight: Tomatoes

Although tomatoes are fruit – nutritionally, they look more like vegetables. They are low in calories and rich in several nutrients that are good for your health.



## Stacked Beef Burgers

Soft burger buns filled with all the classics – crisp lettuce, fresh tomato, avocado and juicy beef burger patties complemented by a classic burger sauce!



15 minutes



2 servings



Beef

### Add your extras!

*Use up any spare salad ingredients you may have in the fridge! Sliced cucumber, capsicum, red onion, beetroot and pickles would be delicious in this burger.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 32g     | 23g       | 25g           |

## FROM YOUR BOX

|                  |          |
|------------------|----------|
| HAMBURGER BUNS   | 2-pack   |
| BEEF HAMBURGERS  | 2-pack   |
| BABY COS LETTUCE | 1        |
| AVOCADO          | 1        |
| TOMATO           | 1        |
| CARROT           | 1        |
| BURGER SAUCE     | 1 sachet |

## FROM YOUR PANTRY

oil for cooking, butter (optional), salt, pepper

## KEY UTENSILS

griddle pan or BBQ

## NOTES

You can season the beef patties with a spice of choice for a fun flavour. Cajun or Mexican spice rub would work well!

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



### 1. WARM THE BUNS (OPTIONAL)

Heat a griddle pan or BBQ over medium-high heat. Halve the **buns** and brush with **oil** or **butter**. Toast the cut sides for 1 minute until golden (cook in batches if needed). Set aside.



### 2. COOK THE BEEF PATTIES

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



### 3. PREPARE THE FILLINGS

Meanwhile, separate and rinse **lettuce leaves** (shred if preferred). Slice **avocado** and **tomato**. Grate or julienne **carrot**. Set aside.



### 4. FINISH AND SERVE

Assemble **burgers** at the table with **burger sauce, salad fillings** and **beef patties**.



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