F2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tomatoes

Although the tomato is technically a fruit, we treat it like a vegetable in the kitchen - it turns up in sauces, salads and salsas far more often than in the fruit bowl. It was once even grown purely as an ornamental plant.

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 and served with wedges.

35 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
	35g	44g	99g

FROM YOUR BOX

MEDIUM POTATOES	3
BURGER 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.

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1. ROAST THE WEDGES

Set oven 220°C.

Cut **potatoes** into wedges and toss on a lined oven tray with **oil, salt and pepper.** Roast for 25-30 minutes or until golden and crispy.



2. PREPARE THE FILLINGS

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



3. 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.



4. 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.



5. FINISH AND SERVE

Assemble **burgers** at the table with **burger sauce, salad fillings** and **beef patties.** Serve alongside **wedges** with any leftover **sauce** for dipping.

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