



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



4 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
	34g	49g	47g

FROM YOUR BOX

HAMBURGER BUNS	4-pack
BEEF HAMBURGERS	4-pack
BABY COS LETTUCE	1
AVOCADO	1
TOMATOES	2
CARROT	1
BURGER SAUCE	2 sachets

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 tomatoes. 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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