



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats which can help lower cholesterol!



G2 Caprese Beef Burger Stack

A wholesome bun-less beef burger, stacked with roasted zucchini and tomatoes, served with basil pesto drizzle and sweet potato chips.

 35 minutes

 2 servings

 Beef

8 April 2022

Bulk it up!

If you're looking to bulk up this dish, you could serve it in burger buns or with a side of garlic bread.

Per serve: **PROTEIN** 41g **TOTAL FAT** 35g **CARBOHYDRATES** 55g

FROM YOUR BOX

SWEET POTATOES	1 bag (400g)
ZUCCHINI	1
TOMATO	1
BEEF MINCE	300g
AVOCADO	1
FESTIVAL LETTUCE	1
PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

frypan, 2 oven trays

NOTES

Add vegetables to oven tray with sweet potato chips if you have space.

Dress lettuce with olive oil and balsamic vinegar if preferred.



1. ROAST THE CHIPS

Set oven to 220°C.

Cut sweet potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast on top shelf of oven for 20 minutes, or until golden and cooked through.



2. ROAST THE VEGETABLES

Slice zucchini and tomato. Toss on a second lined oven tray (see notes) with **oil, salt and pepper**. Drizzle **1 tsp balsamic vinegar** over tomatoes. Roast for 15 minutes, or until vegetables are tender.



3. MAKE BURGER PATTIES

Add beef mince to a large bowl along with **1 tsp dried oregano, salt and pepper**. Mix well to combine. Form into 2 burger patties.



4. COOK THE BURGERS

Heat a frypan over medium-high heat. Add burger patties to pan and cook for 4-6 minutes each side or until cooked to your liking.



5. PREPARE INGREDIENTS

Slice avocado. Trim lettuce (see notes).



6. FINISH AND SERVE

Place burger patties onto plates. Make a stack with avocado slices and roasted vegetables. Dollop pesto on top. Serve with chips and lettuce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

