



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!



G4 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

 4 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** 39g **TOTAL FAT** 35g **CARBOHYDRATES** 50g

FROM YOUR BOX

SWEET POTATOES	1 bag (800g)
ZUCCHINI	1
TOMATOES	2
BEEF MINCE	600g
AVOCADOS	2
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

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 tomatoes. Toss on a second lined oven tray with **oil, salt and pepper**. Drizzle **2 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 **2 tsp dried oregano, salt and pepper**. Mix well to combine. Form into 4 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 avocados. 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

