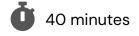


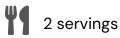




# **Deconstructed Burger Bowl**

The low-carb option of a fan favourite; fresh crunchy vegetables, sautéed beef mince and capsicum, served with a generous drizzle of burger sauce.







Make it traditional!

You have all the ingredients to make traditional burgers; just grab some buns. Form the beef mince into patties, cook for 3-5 minutes each side, then use the other prepared ingredients to stack into your buns.

33g

42g

## **FROM YOUR BOX**

SWEET POTATOES	400g
SHALLOT	1
LEBANESE CUCUMBER	1
ТОМАТО	1
CARROT	1
MESCLUN LEAVES	60g
RED CAPSICUM	1
BLACK BEANS	400g
BEEF MINCE	250g
BURGER SAUCE	1 sachet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar, dried oregano

#### **KEY UTENSILS**

large frypan

#### **NOTES**

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

For a deeper flavour, season beef with soy sauce.





## 1. ROAST THE POTATOES

Set oven to 220°C.

Dice **potatoes** and add to a lined oven tray. Toss with **oil**, **salt and pepper**. Roast for 25-30 minutes. or until tender and golden.



# 2. MAKE THE PICKLES

In a large bowl (see notes) whisk together 1/4 cup vinegar, 2 tbsp water, 2 tsp sugar and 1/2 tsp salt. Slice shallot and cucumber, add to the bowl as you go, stir occasionally.



## 3. PREPARE THE VEGETABLES

Slice **tomato** and julienne **carrot**, set aside with **mesclun**.

Slice **capsicum** and drain **black beans** for step 4.



## 4. COOK THE BEEF

Heat a frypan over medium-high heat with oil. Add beef along with capsicum and 3 tsp oregano. Cook for 5 minutes until beef is beginning to brown. Add black beans and cook for a further 2-3 minute to warm through. Season with salt and pepper (see notes).



# 5. FINISH AND SERVE

Drain the **pickles**. Layer **lettuce** into bowls, top with **remaining vegetables**, **pickles** and **beef mix**, drizzle over **burger** sauce.

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 **0448 042 515** or send an email to hello@dinnertwist.com.au



