



**Product Spotlight:
Tomato**

Did you know tomatoes are classified as an everyday super fruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



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.



40 minutes



2 servings



Beef

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	16g	42g

FROM YOUR BOX

SWEET POTATOES	400g
SHALLOT	1
LEBANESE CUCUMBER	1
TOMATO	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.



Scan the QR code to
submit a Google review!



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**

