



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



Beef



4/6 servings

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	17g	43g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
SHALLOT	1	1
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3
CARROTS	2	3
MESCLUN LEAVES	120g	120g + 60g
RED CAPSICUM	1	2
BLACK BEANS	400g	400g
BEEF MINCE	500g	500g + 250g
BURGER SAUCE	2 sachets	3 sachets

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.



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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.



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).

6P – add 1 tbsp oregano to pan.



2. MAKE THE PICKLES

In a large bowl (see notes) whisk together **1/3 cup vinegar, 1/4 cup water, 1 tbsp sugar** and **1 tsp salt**. Slice **shallot** and **cucumber**, add to the bowl as you go, stir occasionally.

6P – add **1/2 cup vinegar, 1/4 cup water, 1 tbsp sugar** and **1 1/2 tsp salt** to bowl.



5. FINISH AND SERVE

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



3. PREPARE THE VEGETABLES

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

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

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**

