



Product Spotlight: Tomato

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



Deconstructed Chipotle Burger Bowl

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



25 minutes



4 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
	37g	19g	34g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
TOMATOES	2
CARROTS	2
RADISHES	1 bunch
MESCLUN LEAVES	120g
BEEF MINCE	500g
RED CAPSICUM	1
BLACK BEANS	400g
CHIPOTLE MAYONNAISE	2 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.



1. MAKE THE PICKLES

In a large bowl (see notes) whisk together **1/2 cup vinegar**, **1 tbsp sugar** and **1 tsp salt**. Wedge **shallot** and slice **cucumber** into long strips, add to the bowl as you go, stir occasionally.



2. PREPARE THE VEGETABLES

Wedge **tomatoes**, julienne **carrots**, slice **radishes** (to taste). Set aside with **mesclun**.



3. COOK THE BEEF

Heat a frypan over medium-high heat with **oil**. Add **beef** with **1 tbsp oregano**. Slice **capsicum**, and drain and rinse **black beans**. Add to pan as you go. Cook, stirring, for 5-8 minutes until beef is cooked through. Season with **salt and pepper**.



4. FINISH AND SERVE

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



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