V2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Smashed Burger Wraps

Crispy smashed beef flatbreads folded around shredded lettuce, tomato and a simple aioli burger sauce.

35 minutes Beef 2 servings

FROM YOUR BOX

BABY COS LETTUCE	1
TOMATO	1
SHALLOT	1
AIOLI	1 sachet
BEEF MINCE	300g
LEBANESE FLATBREAD	5-pack

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano (optional), tomato sauce

NOTES

Spread the beef mince mixture as far out to the edges as possible as it will shrink while cooking

Store your flatbreads in the fridge or freezer to stay fresh and prevent mould.

No gluten option - Lebanese flatbread is replaced with GF burger buns. Shape beef into patties and cook in a frypan. Fill burger buns with beef patty and fresh salad ingredients.

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1. PREPARE THE FILLINGS

Rinse and finely shred **lettuce leaves**. Dice or slice **tomato**. Dice **shallot**.
Combine **aioli** with **1/4 cup tomato sauce** (see tip).

TIP ***Stir a little mustard into the burger sauce, or add sliced pickles or cheese to the wraps for extra flavour.***

2. PREPARE THE BEEF

Combine **beef mince** with **1 tbsp diced shallot**, **1 tsp oregano, salt and pepper**. Divide into 3 even-sized portions and press onto one half of **3 flatbreads** (see notes).

3. COOK THE FLATBREADS

Heat a large frypan over medium-high heat with **oil**. Place a **flatbread** beef side down and cook for 3-4 minutes. Flip over and cook for 1 minute. Repeat with remaining flatbreads.

TIP ***Use a BBQ or griddle pan for extra char and flavour.***

4. FINISH AND SERVE

Fill each **flatbread** with even amounts of **fresh fillings.** Drizzle with **sauce**. Fold in half to close and serve.

TIP ***Slice the wraps in half to serve if preferred.***

This recipe has simplified instructions to help lower your meal cost.