



## Beef Burger Bowl

Beef patties served on top a bed of fresh salad ingredients, including crisp lettuce, juicy tomatoes, and grated beetroot. Complemented by roasted sweet potato wedges.



30 minutes



2 servings



Beef

## FROM YOUR BOX

SWEET POTATO	400g
BABY COS LETTUCE	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
BEETROOT	1
BEEF MINCE	300g

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## NOTES

You can add your own favourite burger toppings to this bowl. Pickles, red onion, shredded carrot or crispy bacon pieces work well!

For a more filling meal, serve the ingredients in burger buns with sweet potato on the side!

## 1. ROAST THE SWEET POTATO

Set oven to 220°C. Cut **sweet potato** into wedges or cubes. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.

## 2. PREPARE THE SALAD INGREDIENTS

Rinse **lettuce leaves** and roughly tear or shred. Halve **tomatoes** and slice **cucumber**. Grate **beetroot**.

## 3. COOK THE BEEF PATTIES

Season **beef mince** with **salt and pepper** (see tip). Shape into even size patties (we made 6). Cook in a frypan over medium–high heat with oil for 3–4 minutes each side or until cooked through.

**TIP**

*You can add dried oregano, mustard, onion powder, grated carrot, diced onion or garlic to the mince. Make mini meatballs or cook the mince without shaping into patties if preferred.*

## 4. FINISH AND SERVE

Arrange salad ingredients, sweet potato and beef patties among bowls. Dress with condiment of choice.

**TIP**

*Serve the bowl with tomato relish, burger sauce, aioli or mustard.*

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