DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Burger Bowl

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

30 minutes | 4/6 servings | Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	400g	800g
GEM LETTUCE	3-pack	3-pack
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBER	1	2
BEETROOT	1	2
BEEF MINCE	600g	600g + 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!

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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**.

TIP *You can roast the beetroot if you prefer.*

3. COOK THE BEEF PATTIES

Season **beef mince** with **salt and pepper** (see tip). Shape into even size **patties** (we made 12). 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.