



### Product Spotlight: Garlic


Garlic is rich in sulphur which can provide a wide variety of health advantages to the body, including our immune, cardiovascular and digestive systems!



## 2 Beef Burger Bowl

Just like a burger but in a bowl! Juicy beef patties, fresh lettuce, salad and onion, finished with a delicious tomato mustard “special sauce”.

 25 minutes

 2 servings

 Beef

8 February 2021

### Spice it up!

*You can add pickles or grated cheese to the bowl for extra indulgence! For a more exciting flavour, try adding some cayenne pepper to the burger patties.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 46g **CARBOHYDRATES** 25g

## FROM YOUR BOX

BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
AVOCADO	1
CARROT	1
BROWN ONION	1/2 *
BEEF MINCE	300g
GARLIC	1 clove
SPECIAL SAUCE	1 jar (to taste)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, red wine vinegar, dried oregano, sugar (of choice)

## KEY UTENSILS

large frypan

## NOTES

If you don't have a non-stick frypan you can add some oil to the pan before cooking the patties.

You could cook the patties on the BBQ if preferred.

**No beef option - beef mince is replaced with chicken mince.** Increase cooking time to 5-6 minutes on each side or until cooked through.



### 1. PREPARE THE SALAD

Roughly tear and rinse lettuce leaves. Slice cucumber and capsicum. Dice avocado. Julienne or grate carrot. Set aside.



### 2. SAUTÉ THE ONION

Heat a frypan over medium-high heat with oil. Slice onion and cook in pan for 4-5 minutes until softened. Add **1 tsp vinegar** and **1/2 tsp sugar**. Cook for a further 2-3 minutes. Season with **salt and pepper**. Set aside.



### 3. PREPARE THE PATTIES

Combine beef mince with **1/2 tsp dried oregano**, 1 crushed garlic clove, **salt and pepper**. Use oiled hands to shape into six even size patties.



### 4. COOK THE PATTIES

Reheat frypan over medium-high heat (see notes). Cook beef patties for 3-4 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Divide even amounts of salad among bowls. Top with patties. Garnish with leek and dollop with special sauce.

**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 **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

