



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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

 4 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** 34g **TOTAL FAT** 31g **CARBOHYDRATES** 19g

FROM YOUR BOX

SHALLOT	1
BABY COS LETTUCE	2 pack
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
AVOCADO	1
CARROTS	2
BEEF MINCE	600g
GARLIC	1 clove
SPECIAL SAUCE	1 jar

**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. PICKLE THE SHALLOT

Slice shallot and place in a bowl with **2 tbsp vinegar, 2 tsp sugar, salt and pepper**, set aside.



2. PREPARE THE SALAD

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



3. PREPARE THE PATTIES

Combine beef mince with **1 tsp dried oregano**, 1 crushed garlic clove, **salt and pepper**. Use oiled hands to shape into 12-14 even size patties.



4. COOK THE PATTIES

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



5. FINISH AND PLATE

Divide even amounts of salad among bowls. Top with patties. Garnish with pickled shallot 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**

