




Product Spotlight: Tomato


Did you know tomatoes are classified as an everyday superfruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



4 Deconstructed Chipotle Burger Bowl

A low-carb option to a fan favourite. Fresh crunchy vegetables, sautéed beef mince and capsicum, served with a generous drizzle of chipotle mayonnaise.

 25 mins

 4 servings

 Beef

16 July 2021

Make it traditional!

You have all the ingredients here to make traditional burgers, just grab some buns. Form the beef mince into patties, cook for 3-5 minutes each side, then use the other prepared ingredients to stack into your buns.

Per serve: **PROTEIN** 25g **TOTAL FAT** 25g **CARBOHYDRATES** 49g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
TOMATOES	2
CARROTS	2
RADISHES	1/2 bunch *
FESTIVAL LETTUCE	1/2 *
BEEF MINCE	300g
RED CAPSICUM	1
BLACK BEANS	400g
CHIPOTLE MAYONNAISE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar, sugar, dried oregano

KEY UTENSILS

large frypan

NOTES

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

No beef option – beef mince is replaced with chicken mince.



1. MAKE THE PICKLES

In a large bowl (see notes) whisk together **1/2 cup vinegar, 1 tbsp sugar, and 1 tsp salt**. Wedge shallot and slice cucumber into long strips, add into the bowl as you go, stir occasionally.



2. PREPARE VEGETABLES

Wedge tomatoes, julienne carrots, slice radishes and lettuce.



3. COOK THE BEEF

Heat a frypan over medium-high heat with **oil**. Add beef with **1 tbsp oregano**. Slice capsicum and add to pan with beans (including liquid). Cook, stirring, for 5-8 minutes until cooked through. Season with **salt and pepper**.



4. FINISH AND PLATE

Drain the pickles. Layer lettuce into bowls, top with remaining vegetables, pickles and beef mix, drizzle over chipotle mayonnaise.

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**

