



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Tomatoes


Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



1 Stacked Beef Burgers

Crusty wholemeal buns filled with all the classics – crisp lettuce, fresh tomato, avocado and juicy beef burger patties all complemented with a creamy spring onion and gherkin dip!

 15 minutes

 2 servings



 Beef

3 December 2021

Add your extras!

Use up any spare salad ingredients you may have in the fridge! Sliced cucumber, capsicum, red onion, beetroot and pickles will all be delicious in this burger.

FROM YOUR BOX

WHOLEMEAL BURGER BUNS	2-pack
BEEF HAMBURGERS 	2-pack
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
CARROT	1
SPRING ONION DIP	1 tub (200g)
 FALAFEL MIX	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS


griddle pan or BBQ
frypan (vegetarian option only)

NOTES

You can season the beef patties with a spice of choice for a fun flavour. Cajun or Mexican spice rub would work well!

No beef option - beef hamburgers are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes each side or until cooked through.


No gluten option - wholemeal burger buns are replaced with gluten-free burger buns.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. WARM BUNS (OPTIONAL)

Heat a griddle pan or BBQ over medium-high heat. Halve the buns and brush with **oil or butter**. Toast the cut sides for 1 minute until golden. Set aside.

 **VEG OPTION - Combine falafel mix with 170ml water in a bowl. Mix well and leave to stand for 15 minutes. Warm the buns in a frypan as above.**



2. COOK THE BURGER PATTIES


Coat the hamburgers with **oil, salt and pepper** (see notes). Cook on the griddle pan or BBQ for 3-4 minutes each side or until cooked through.

 **VEG OPTION - Prepare the fillings as per step 3.**



3. PREPARE THE FILLINGS


Meanwhile, separate, rinse and chop lettuce leaves. Slice avocado and tomato. Grate or julienne carrot. Set aside.

 **VEG OPTION - Reheat frypan over medium-high heat with oil. Shape falafel mix into 2 even size patties. Cook for 5-6 minutes each side or until cooked through.**



4. FINISH AND SERVE

Assemble burgers at the table with spring onion dip, salad fillings and beef burger patties.

 **VEG OPTION - Assemble burgers at the table with falafel patties, spring onion dip and fillings.**

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**

