



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

 4 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	4-pack
BEEF HAMBURGERS 	4-pack
GEM LETTUCE	3-pack
AVOCADO	1
TOMATOES	2
CARROTS	2
SPRING ONION DIP	1 tub (200g)
 FALAFEL MIX	2 packets

*\*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 340ml 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 and rinse lettuce leaves. Slice avocado and tomatoes. Grate or julienne carrots. Set aside.

 **VEG OPTION – Reheat frypan over medium-high heat with oil. Shape falafel mix into 4 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**

