



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



C4 Grilled Beef Burgers with Chipotle Mayo

Soft milk buns from Abhi's bakery filled with grilled beef burgers, dressed red cabbage and creamy chipotle mayonnaise served with sweet potato chips. Perfect on a warm summer night!

 25 minutes

 4 servings

 Beef

2 December 2022

Switch the sauce!

If you don't feel like using the chipotle mayonnaise, you can use BBQ sauce, tomato sauce or ranch dressing instead!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	53g	64g

FROM YOUR BOX

SWEET POTATOES	800g
RED CABBAGE	1/4
CARROT	1
AVOCADO	1
BEEF HAMBURGERS	4-pack
MILK BUNS	4-pack
CHIPOTLE MAYONNAISE	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, smoked paprika

KEY UTENSILS

oven tray, frypan/griddle pan or BBQ

NOTES

Remove the core from the cabbage before shredding it with a knife.

You can stretch the chipotle mayonnaise out with yoghurt or more mayonnaise if you prefer it less spicy.

No gluten option – milk buns are replaced with GF burger buns.



1. COOK THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into chips. Toss on a lined oven tray with **1 tsp smoked paprika, oil, salt and pepper**. Roast for 20–25 minutes, or until tender and golden.



4. COOK THE BURGERS

Heat a frypan/griddle pan or BBQ over medium-high heat. Coat burgers with **oil, salt and pepper**. Cook for 3–4 minutes each side or until cooked to your liking.



2. DRESS THE CABBAGE

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil** in a bowl. Finely shred cabbage and add to bowl (see notes). Toss to coat and set aside.



3. PREPARE THE FILLINGS

Ribbon, grate or julienne carrot using a peeler. Slice avocado.



5. TOAST THE BUNS

Optional: Halve buns and toast in oven for 2–3 minutes.



6. FINISH AND SERVE

Assemble burgers with beef patty, cabbage, carrot, avocado and mayonnaise to taste (see notes). Serve with sweet potato chips.

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**

