



LIFELINE RECIPES

June 2022



With BBQ season approaching, try this burger in a bowl as a twist on a traditional BBQ classic - its healthy too!

METHOD

Spray a large, heavy-based non-stick frying pan with low-calorie cooking spray and place over a high heat. Add the beef, onion and garlic and stir-fry for 7-8 minutes, or until the beef is cooked through and the onions have softened. Take the pan off the heat and drain any fat from the mixture. Season lightly.

Meanwhile, put all the sauce ingredients in a bowl with 4 tbsp water and whisk until well combined.

Mix together the lettuce, gherkins, onions and tomatoes and divide between 4 wide bowls. Spoon the beef mixture on top, divide the sauce between the burgers and serve hot.



BURGER IN A BOWL

COOKING TIME:

25 mins

SERVES:

4

INGREDIENTS

- 500g lean beef mince
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ½ iceberg lettuce, roughly shredded
- 8 gherkins, sliced

- 1 small red onion, finely chopped
- 2 tomatoes, roughly chopped

FOR THE SAUCE

- 3 tbsp extra-light mayonnaise
- 5 tbsp fat-free fromage frais
- 1 level tbsp American-style mustard
- 2 tbsp tomato purée
- 2 tsp white wine vinegar
- ½ tsp garlic salt
- ¼ tsp onion granules
- ¼ tsp sweet smoked paprika