



Aussie burgers

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g fat-trimmed beef flank steak lean minced
- ☐ 100 g beets cooked
- ☐ 2 naan breads mini
- ☐ 50 g arugula
- ☐ 4 tbsp cream

Equipment

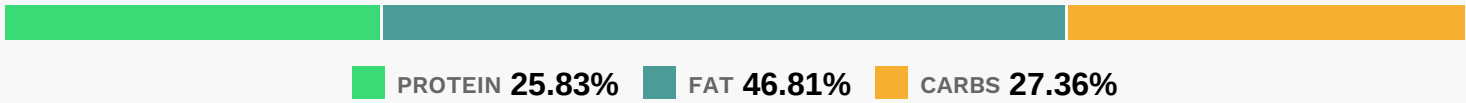
- ☐ bowl
- ☐ frying pan

☐ grill

Directions

- ☐ Make the burgers: Tip the meat into a bowl and sprinkle over 1 tsp salt and a good grinding of black pepper. Work with wet hands to mix in the seasoning. Divide into four with your hands and shape into burgers. (It can be frozen at this stage.)
- ☐ Sort out your ingredients: Slice the beetroot and split the naan breads.
- ☐ Heat a griddle pan or barbecue. Griddle the naans on both sides until lightly toasted and set aside.
- ☐ Add the burgers to the grill or barbecue and cook for 2–3 minutes, then turn and cook the other side for a further 2–3 minutes.
- ☐ Assemble the dish: Set half a toasted naan on each serving plate and put a pile of rocket on each. Top with a burger, then a few slices of beetroot and a dollop of soured cream.
- ☐ Sprinkle with salt and freshly ground black pepper and serve immediately with a big green salad and chips. A glass of red wine wouldnt go amiss, either.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:14.650434750578%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 484.88kcal (24.24%), Fat: 25.03g (38.5%), Saturated Fat: 10.08g (63.02%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 31.02g (11.28%), Sugar: 4.34g (4.82%), Cholesterol: 88.29mg (29.43%), Sodium: 515.05mg (22.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.13%), Selenium: 31.16µg (44.51%), Zinc: 6.6mg (43.99%), Vitamin B12: 2.1µg (35%), Vitamin B3: 6.25mg (31.26%), Vitamin B6: 0.53mg (26.48%), Phosphorus: 205.62mg (20.56%), Vitamin B2: 0.34mg (19.98%), Vitamin K: 15.73µg (14.98%), Iron: 2.54mg (14.12%), Potassium: 477.38mg (13.64%), Folate: 43.85µg (10.96%), Magnesium: 39.08mg (9.77%), Calcium: 84.24mg (8.42%), Vitamin B1: 0.13mg (8.38%), Vitamin A: 398.39IU (7.97%), Fiber: 1.89g (7.57%), Copper: 0.13mg (6.4%),

Manganese: 0.12mg (6.18%), Vitamin C: 3.21mg (3.89%), Vitamin B5: 0.13mg (1.34%)