



The ultimate makeover: Burgers

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g ground beef 10% organic lean (fat)
- ☐ 5 spring onion finely chopped
- ☐ 140 g carrots finely grated
- ☐ 2 garlic clove finely chopped
- ☐ 2 tsp dijon mustard
- ☐ 1 tbsp tarragon chopped
- ☐ 1 medium eggs beaten
- ☐ 4 bread split

- ☐ 1.5 tsp canola oil for brushing
- ☐ 25 g watercress
- ☐ 2 large pasilla peppers red halved deseeded
- ☐ 100 g plum tomatoes halved
- ☐ 2 tsp juice of lime
- ☐ 2 tsp chives snipped
- ☐ 0.3 onion red thinly sliced
- ☐ 1 pinch pepper flakes crushed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

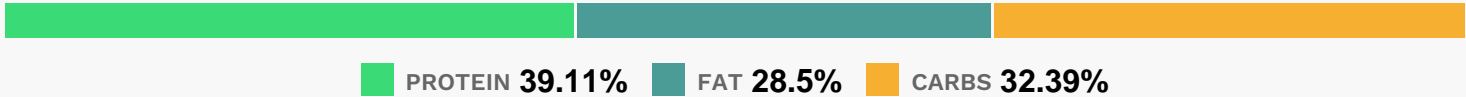
Directions

- ☐ Tip the mince into a bowl with the spring onions, grated carrot, garlic, mustard, tarragon and egg.
- ☐ Mix well using a fork. Season with pepper and a pinch of salt, then divide the mixture into
- ☐ Flatten each piece with your hands into a 10cm round (A), about 2cm thick a similar width to the buns. Chill for about 30 mins. Or can be made a day ahead: stack the burgers between pieces of greaseproof paper to stop them sticking, wrap in cling film then chill until ready to cook.
- ☐ Meanwhile, heat oven to 200C/fan 180C/ gas
- ☐ Lay the peppers, cut sides down, on a non-stick baking sheet. Roast for 35 mins until the skins are charred, laying the tomatoes next to them, cut-side up, for the final 3 mins just to soften slightly.
- ☐ Remove and immediately transfer the peppers to a small bowl and cover with cling film. Leave for 5-10 mins until cool enough to handle. Peel off the pepper skins (B), chop the peppers and tip them back into the bowl to join any juices there. Chop the tomatoes and stir into the peppers with the lime juice, chives, onion and chillies. Taste and add a grind of pepper if

needed. Set aside. Can be made 1–2 days ahead and chilled.

- ☐ Heat a griddle pan, or cook the burgers on the barbecue.
- ☐ Lay the cut sides of the buns on the griddle and cook until marked with the griddle bars.
- ☐ Brush each burger on one side with some of the rapeseed oil.
- ☐ Place on the hot griddle, oiled side down. Cook dont move them or they may stick for 5 mins for medium, brush the unoiled side with the rest of the oil (C), then turn and cook for another 5 mins. (For well done, add an extra 1–2 mins to each side.)
- ☐ Remove and let the burgers rest for 2–3 mins.
- ☐ Drizzle a little of the pepper juices over the bottom of each bun to moisten, lay on some watercress sprigs, top with a burger, then a spoonful of the salsa (D), spooning over some more of the juices. Sandwich together with the tops of the buns.

Nutrition Facts



Properties

Glycemic Index:119.38, Glycemic Load:9.75, Inflammation Score:-10, Nutrition Score:31.85826081815%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 3.9mg, Luteolin: 3.9mg, Luteolin: 3.9mg, Luteolin: 3.9mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 290.43kcal (14.52%), Fat: 9.23g (14.2%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 18.44g (6.71%), Sugar: 6.33g (7.03%), Cholesterol: 102.92mg (34.31%), Sodium: 269.3mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin A: 6845.82IU (136.92%), Vitamin C: 79.91mg (96.86%), Vitamin K: 64.26µg (61.2%), Manganese: 0.97mg (48.57%), Selenium: 29.34µg (41.92%), Zinc: 6.12mg (40.8%), Vitamin B6: 0.8mg (40.04%), Vitamin B3: 7.87mg (39.35%), Vitamin B12: 2.34µg (38.97%), Phosphorus: 334.58mg (33.46%), Potassium: 869.21mg (24.83%), Iron: 4.46mg (24.75%), Fiber: 5.15g (20.58%), Vitamin B2: 0.35mg (20.45%), Magnesium: 71.24mg (17.81%), Vitamin B1: 0.26mg (17.53%), Folate: 56.34µg (14.08%), Copper: 0.27mg (13.45%), Vitamin B5: 1.26mg (12.62%), Calcium: 121.73mg (12.17%), Vitamin E: 1.68mg (11.17%), Vitamin D: 0.32µg (2.13%)