



Naked Mexican Burger

Ingredients

- 400 g Lean minced beef
- 120 g Carrots
- 90 g Zucchini
- 1 pkt MAGGI Your meal your way Chilli Con Carne
- 15 mg Canola Oil
- 100 g Iceberg Lettuce
- 600 g tomatoes
- 150 g Red Onion
- 150 g Avocado, mashed
- 50 mg Lemon Juice

Instruction

1. Combine beef, carrot, zucchini, MAGGI Your Meal Your Way Chilli Con Carne in bowl. Use hands to mix until well combined. Shape the mixture into 4 patties.
2. Heat a large frying pan, spray with oil; cook 7 minutes on each side or until cooked through.
3. In a small bowl combine avocado and lemon juice. Assemble burgers; place pattie in lettuce cup; top with tomato, onion and avocado mix.

Nutrition

Carbohydrates	15.52 g
Energy	273.95 kcal
Fats	9.99 g
Protein	25.96 g
Sugars	8.56 g

20 Minutes

4 portions