

KETO AUSSIE BURGERS WITH CURRIED CAULIFLOWER SALAD



SAVEUR PRODUCT USED

SPICED BEET HUMMUS MIX & CEYLON CURRY SPICE

SUBSTITUTIONS

Chicken or turkey can be substituted for ground beef; use textured vegetable protein (TVP) for vegetarians.

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

½ lb. (300g) lean ground beef

1 egg

1 brown onion, finely chopped (1 cup)

2 tbsp. sugar free tomato paste

1 tbsp. *Saveur Spiced Beet*

Hummus Mix

1 tsp. Worcestershire sauce

PREPARATION INGREDIENTS

For the Curried Cauliflower Salad:

2 cups cauliflower florets

3 eggs

2 tbsp. full fat sour cream

2 tsp. *Saveur Ceylon Curry Spice*

2 green onions, chopped finely

For burger toppings and buns:

Lettuce or flat brown mushrooms (to replace burger buns)

4 eggs (to fry)

Cheese

Tomato

METHOD

Mix all ingredients together well in a bowl. Shape into 4 patties. Separate each patty with parchment paper and place flat into a zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Thaw patties in fridge overnight following the safe thaw instructions. Steam cauliflower and boil 3 eggs until just cooked. Add a pinch of salt to water to prevent eggs from leaking during cooking. Remove eggs from boiling water and rinse with cold water to stop cooking process. When cooled, peel eggs and cut into small pieces. Place cauliflower, eggs, and green onions in bowl. Mix Ceylon Curry Spice with sour cream. Toss the cauliflower mixture with the sour cream mixture and set aside.

Cook burgers on a heated grill or pan to your desired level of doneness. Fry eggs at same time as burgers.

Once burgers and eggs are cooked, assemble on mushrooms or lettuce leaves with your choice of toppings. Serve burgers with a side of cauliflower salad.

