

REV90 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

½ tsp. *Braggs Liquid Aminos*

PREPARATION INGREDIENTS

For the Curried Cauliflower Salad:

2 cups cauliflower florets

3 eggs

2 tbsp. cottage cheese (only if in maintenance)

2 tsp. *Saveur Ceylon Curry Spice*

2 green onions, chopped finely

For burger toppings and buns:

Lettuce leaves (to replace burger buns)

Tomato

Cucumber

Onion

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. Peel eggs and cut into small pieces. Place cauliflower, eggs, and green onions in bowl. Mix Ceylon Curry Spice with cottage cheese. Toss the cauliflower mixture with the cottage cheese mixture and set aside.

Cook burgers on a heated grill or pan to your desired level of doneness. Assemble burgers on lettuce leaves with your choice of toppings. Serve burgers with a side of cauliflower salad.

