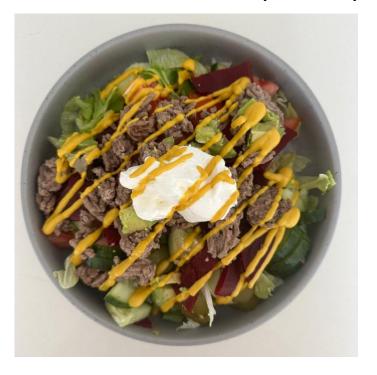




HAMBURGER SALAD (serves 1)

INGREDIENTS:

- 100G EXTRA LEAN BEEF MINCE
- ICEBERG LETTUCE (SLICED)
- TOMATO (DICED)
- CUCUMBER (DICED)
- BEETROOT (SLICED)
- PICKLES (SLICED)
- NATURAL YOGHURT
- FRENCH'S CLASSIC YELLOW MUSTARD



METHOD:

- 1. Cook beef mince in frying pan.
- 2. Combine lettuce, tomato, cucumber, beetroot & pickles into a bowl.
- 3. Top with beef mince, a dollop of yoghurt & mustard.

TIPS:

• Season the beef mince with cumin, ground coriander & chilli for a Mexican flavour.