

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.*