

Printfid00278hero beefpattiesincrunchylettucewraps badge

## Beef Patties in Lettuce Wraps

with Mediterranean Salad



30-40min



4 Portions

World Health Organisation and Food and Agriculture Organisation (FAO) recommend a minimum of 400g of fruit and vegetables per day for the prevention of chronic diseases such as heart disease, cancer, diabetes and obesity, as well as for the prevention of several micronutrient deficiencies. It's the '5 a day' initiative. This dish is loaded with fresh, seasonal veggies to help you and your famil...

## What we send

- chat potatoes
- pitted kalamata olives
- parsley, garlic
- Lebanese cucumber
- tomato
- baby cos lettuce
- grass-fed beef mince
- red onion
- lemon
- green beans

## What you'll require

- eggs <sup>3</sup>
- olive oil
- salt and pepper
- wholegrain mustard <sup>17</sup>

## Utensils

- Colander
- grater
- large frypan
- paper towel
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Egg (3), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 495.0kcal, Fat 17.1g, Proteins 44.8g, Carbs 34.0g



### 1. Cook potatoes

Cut the **potatoes** into quarters, place in a small saucepan of cold salted water and bring to the boil. Reduce heat and simmer for 12-15 mins until just tender. Drain well.



### 2. Cook eggs

Meanwhile, place 2 **eggs** in a small saucepan and cover with water. Bring to the boil and cook for 6 mins. Trim the **beans** and add to the eggs for the last 2 mins of cooking. Drain and run under cold water to cool. Peel the eggs and cut into thin wedges.



### 3. Prepare patties

Meanwhile, zest **lemon** into a large bowl. Finely chop **garlic**. Finely chop **parsley** stems and half the leaves (reserve remaining leaves). Finely chop half the **red onion** and add to the bowl with the **zest**, **beef mince**, garlic, chopped parsley and 2 tsp **wholegrain mustard**. Season with **salt and pepper**. Using clean hands, combine mixture and form into 6 patties.



### 4. Cook patties

Heat 1 tbs **oil** in a large frypan over medium heat and cook patties for 4-5 mins each side until cooked through. Separate the **lettuce** leaves, then wash and pat dry.



### 5. Make salad

Meanwhile, coarsely chop **tomatoes** and **cucumbers**. Thinly slice remaining **onion**. Cut **olives** in half. Juice half the **lemon**. Combine juice in a large bowl with 2 tbs **oil**, 1 tsp **wholegrain mustard** and **salt and pepper**, if desired. Add **potato** and toss gently to coat. Cut remaining lemon half into wedges.



### 6. Get ready to serve

Add the **tomato**, **cucumber** and **onion** to the **potato** and gently toss to combine. Top with **egg wedges**. Serve **patties** in 1 or 2 **lettuce leaves** with the **salad** on the side. Scatter the **olives** and reserved **parsley** leaves over the adults' servings and serve with **lemon wedges**.