



BIG MAC SALAD

Serves 4 | Serves of Veg 4 | 0:20 Prep | 0:15 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	260 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1950 kJ	749 kJ
Protein	49.5 g	19 g
Fat, total	24.7 g	9.5 g
- saturated	13.6 g	5.2 g
Carbohydrate	9.2 g	3.5 g
- sugars	8.4 g	3.2 g
Sodium	568 mg	218 mg

SHOPPING LIST



Beef Mince



Worcestershire Sauce



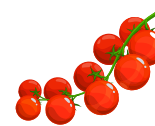
Greek Yoghurt



Yellow Mustard



Cos Lettuce



Cherry Tomato



Sesame Seeds



Garlic Powder



Salt & Pepper



Red wine Vinegar



Tomato Sauce



Shredded Cheese



Dill Pickle



Red Onion

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Ingredients

- 500g ground beef, lean
- 1 tsp garlic powder
- 1 tsp Worcestershire sauce
- Salt & pepper, season
- Special sauce Dressing
- ½ cup Greek yoghurt
- 1 tbs red wine vinegar
- 1 tbs yellow mustard
- 1 tsp tomato sauce
- ½ tsp paprika
- Salad
- 2 Baby cos heads
- 1 cup shredded cheese
- 1 cup cherry tomato
- ½ cup dill pickle
- ½ red onion
- 1 tsp sesame seeds

Pantry Staples

- Oil
- Salt + Pepper

Recipe Steps

1. Heat large fry pan to medium-high heat. Add **beef mince**, sauté for ~8 minutes until browned completely. Add **garlic powder**, **Worcestershire sauce** and seasoning, to taste. Tip: to remove excess fat, pour beef mince onto absorbent paper before adding to salad.
2. While beef cooks, prepare salad. To a medium bowl, add chopped **cos lettuce**, **shredded cheese**, halved **cherry tomato**, finely chopped **pickle** & **red onion**. Toss together gently, set aside.
3. To make salad dressing: Whisk together **Greek yoghurt**, **yellow mustard**, **tomato sauce** & **paprika**. Check seasoning. Tip: 1 tsp of pickle juice for extra tangy dressing.
4. Toast Sesame seeds in dry pan for 3-4 minutes until lightly golden
5. To assemble salad: Toss in beef mince, drizzle over 'special sauce' dressing and garnish with toasted **sesame seeds**

Recipe Notes

- Choose **leaner beef mince** (>10% fat) for less oily residue
- Add **additional fibre** with legumes like chickpeas or **extra veggies** including grated carrot, beetroot, green onions, capsicum & corn
- **Add some crunch?** Air fryer tortilla chips or wholemeal croutons are great options

