



Burger Bowl

with mince



ca. 30min



2 Portionen

Was du von uns bekommst

- 1 Gurke
- 1 Pck. mehligkochende Kartoffeln
- 1 Pck. Cajun-Gewürzmischung
- 1 Zwiebel
- 250g gemischtes Hack von Rind und Schwein
- 1 Pck. Sriracha-Sauce
- 1 Tomate
- 50g gemischter Salat

Was du zu Hause benötigst

- 2EL Mayonnaise ¹
- 5g Salz und Pfeffer
- 8½g Zucker
- 52½ml Pflanzenöl
- 35ml Essig

Küchenutensilien

- Backofen
- Backblech und Backpapier
- kleine Pfanne mit Deckel
- mittelgroße Pfanne
- Sieb

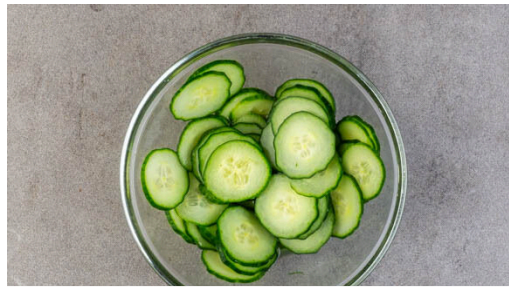
Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Enthält: **Eier** (1).

Nährwertangaben pro Portion

Energie 831kcal, Fett 49.0g, Kohlenhydrate 60.4g, Eiweiß 36.8g



1. make the pickles

Den Backofen auf 220°C (200°C Umluft) vorheizen. Cut the cucumber into thin slices. Combine 2Tbsp light vinegar, 1½tsp sugar and a large pinch of salt. Add the cucumbers and let sit until ready to serve.



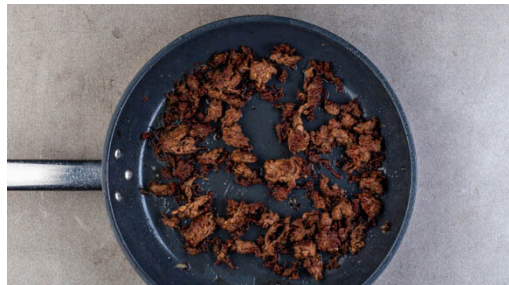
2. roast the fries

Die **Kartoffeln samt Schale** in ca. 2cm breite Spalten schneiden oder der Länge nach vierteln. On a lined baking tray, mix the potatoes with 1Tbsp of neutral oil, the cajun spice mix, a large pinch of salt and a pinch of pepper. Bake in the oven for 20-25min., mixing halfway through baking.



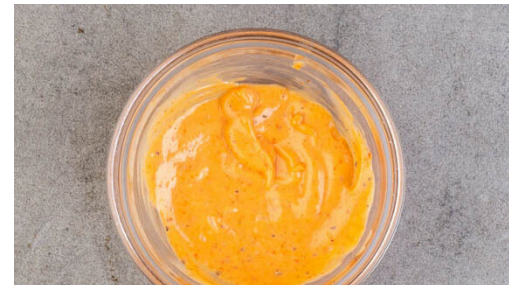
3. caramelize the onions

Peel and halve the onion, then slice thinly. In a small pan, heat up 1Tbsp of neutral oil over medium heat. Add the onions with a pinch of salt and sugar and cook covered for ca. 4min., stirring occasionally. Then remove the lid and continue cooking for 4-6min., until the onions are softened and caramelised.



4. cook the meat

In a medium pan, heat up ½Tbsp of neutral oil over high heat. Add the minced meat. Break the meat up with a wooden spoon, then flatten it on the bottom of the pan, letting it get nicely browned and slightly crispy on the edges, 8-10min. Stir only a few times, making sure to let it get as crispy as possible. Drain any excess grease, if desired.



5. make the sauce

In a small bowl, combine 2Tbsp of mayonnaise, the sriracha sauce, and 1tsp vinegar. Thin with water as desired. Season to taste with salt and pepper.



6. make the salad

Drain the cucumbers in a sieve, reserving 1Tbsp of the liquid in a salad bowl. Mix in 1Tbsp of neutral oil and a pinch of salt and pepper to make a dressing. Cut the tomato into thin wedges and toss in the dressing with the lettuce and cucumbers. In a serving bowl, add the oven fries and top with the mince, the lettuce mix, and the onions. Drizzle with the sriracha sauce, then serve.