

Low carb chilli cheese burgers



250g lean steak mince (use vegetarian mince if preferred*)

1 tsp chilli powder

½ tsp sea salt flakes

1 tsp black pepper

½ small white onion, very finely chopped

1 egg

3 tsps organic butter or coconut oil

4 large portobello mushrooms

30g Cheddar cheese, cut into slices (use dairy free cheese if preferred)

1 large beef tomato, sliced

3 tsps low sugar relish sauce (optional)

handful fresh spinach leaves, chopped

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Place the mince in a large bowl and gently pound it with a wooden spoon to break it up into small pieces. Add the chilli powder, salt, pepper and onion and mix well.

Add the egg and mix for 2-3 minutes with your hands until the mixture is well combined. Shape the mixture into two patties and place them on a plate.

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SERVES 2



PER SERVING:

393 Calories

11g Carbs

40g Protein

21g Fat



Melt the butter / oil in a saucepan, remove from heat and brush half onto both sides of the mushrooms. Place the mushrooms on a foil lined grill tray.

Place the saucepan over a medium heat. When the butter or oil starts to bubble, add the burgers. Cook for 6 minutes then turn over carefully with a slice and cook for a further 5 minutes. Remove from heat.

Meanwhile, prepare a hot grill. Place the mushrooms under the grill and reduce heat to medium. Grill for 5 minutes each side or until soft. Add the cheese slices to the burgers then place under the grill for several minutes, until the cheese has melted.

Place one mushroom on a plate, top side down. Add a burger patty, then a slice or two of tomato, followed by half of the relish (if using) and then top with spinach. Add another mushroom, rounded side up to complete the burger.

Repeat the process again to create the second burger. Serve with a leafy green salad.

Store any leftover burger patties in an airtight container and refrigerate for up to 3 days or freeze on same day.