

Bunless Cheeseburger Bowl

Everything you like about a cheeseburger, without the bun.

Serves 2

Prep 10 min

Cook 10 min

3g
CARBS
PER SERVING

Burger, cheese, salad, pickles and burger sauce.

You'll need

- ☐ 400g beef mince (15 to 20% fat)
- ☐ 2 slices of cheddar (about 40g)
- ☐ Half a little gem lettuce (about 45g), shredded
- ☐ 1 tomato (about 85g), chopped
- ☐ 2 dill pickles (about 60g), sliced. Check the jar says no added sugar
- ☐ 2 tbsp mayonnaise
- ☐ 1 tsp American mustard
- ☐ Salt and pepper, to taste

Method

- 1** Split the mince into 2 balls and press each one flat, about 2cm thick. Season both sides.
- 2** Heat a frying pan on a medium-high heat. No oil needed. Cook the burgers for 4 to 5 minutes without moving them.
- 3** Flip them, lay a slice of cheese on each, and cook for another 4 to 5 minutes.
- 4** Cut into one to check it's cooked through with no pink (see Food safety below).
- 5** While they cook, mix the mayonnaise and mustard in a cup. That's your burger sauce.
- 6** Put the lettuce, tomato and pickles in two bowls, sit a burger on top and drizzle over the sauce.

TIP

Don't press the burgers down while they cook. It squeezes the juice out.

SWAPS

- Add crispy bacon or a fried egg on top for a bigger meal.
- Turkey or pork mince works too. Cook it the same way, all the way through.

STORING IT

Best eaten fresh. Cooked burgers keep in the fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

Cook the burgers at 180°C for 10 to 12 minutes, turning halfway. Add the cheese for the last minute. Check they're cooked through with no pink.

FOOD SAFETY

Mince, burgers and sausages must be cooked all the way through. No pink in the middle, juices clear and steam rising when you cut one open. Burgers shouldn't be served pink at home.