



We've deconstructed this family favourite and made it low carb! This is everything you love in a burger - minus the bun!

Cooking Time: 30 min

Cals 969 | Prot 51 | Carbs 71 | Fat 54

Tips For Fussy Eaters

Keep theirs classic and add buns!
Alternatively, why not serve with
pasta and forget the salad?

Pro Tip

The longer you knead the mince
meat mixture, the more tender
your patties will become. They'll
also stick together better!

Ingredients

For 2 For 3 For 4

Meatballs

Beef mince	350	525	700	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Garlic onion powder	4	4	8	Grams
Worcestershire sauce	15	22	30	ML
Smoked paprika powder	2	4	4	Grams
Vegetable oil	1	1	2	Tbsp
Chopped tomatoes	400	400	800	Grams
Tomato paste	30	50	70	Grams
Beef stock cube	0.5	1	1	Piece
Honey	15	15	30	Grams
Burger cheese	6	9	12	Piece
Crispy onions	20	30	40	Grams

Salad

Fresh dill	15	15	15	Grams
Fresh chives	15	15	15	Grams
Mayonnaise	50	75	100	Grams
Sour cream	60	90	120	Grams
Lemon	1	1	2	Piece
Iceberg lettuce	1	1	2	Piece

Fries

Sweet potatoes	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp



1 Prep

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into **chips**. Add the **chips** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of salt. Toss the **chips** in the **oil** until they are fully coated. Bake for 30 min or until golden and crisp.



2 Meatballs

Meanwhile, peel and finely chop the **red onion**. Peel and mince the **garlic**. In a bowl, combine the **beef mince** with the **garlic onion powder**, **Worcestershire sauce**, **smoked paprika** and a pinch of salt. Knead with clean hands and shape into 6/9/12 **meatballs**.



3 Start sauce

Heat a pan over a high heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 3 min or until starting to brown. Once the **meatballs** are brown, reduce the heat and add the **onions** with a pinch of salt and fry for 3 min. After 3 min, add the **garlic**, **chopped tomatoes**, **tomato paste**, **stock cube**, and **honey**. Simmer for 10 min.



4 Make dressing

Meanwhile, chop the **dill** and **chives**. In a bowl, combine the **mayonnaise**, **sour cream**, **dill**, **chives** with a squeeze of **lemon** juice and a pinch of salt. Loosen with a splash of **water** if needed. Mix well and set aside.



5 Add cheese

Top the **meatballs** with the **burger cheese** and cook for 2 min further, covered, to allow the **cheese** to melt.



6 Serve

Remove the outer leaves of the **iceberg lettuce**, if necessary. Quarter the **lettuce** and trim the stem. Divide the **lettuce wedges** among plates. Drizzle with the **ranch dressing**. Serve the **burger meatballs** and **fries** alongside. Sprinkle the **meatballs** with fried **onions**.



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