

SMASH BURGER TACOS

Makes 4

Per Taco

Calories 325, Fat 11g, Protein 32g, Carbs 26g

INGREDIENTS

Burger Patties

- 500g minced beef. You can sub in chicken or turkey, beef gets the crispiest
- 1 teaspoon minced garlic (or 1 clove, garlic powder is fine)
- ½ medium onion grated(onion powder is fine)
- 1 tablespoon of tomato paste
- salt and pepper
- 1 egg
- 1 -2 tablespoons of psyllium

- 4 Slices of Cheese
- 4 of your favourite Tortillas
- Burger toppings: lettuce, onion, pickles, tomatoes, sauce

DIRECTIONS

1. Combine the burger pattie ingredients in a bowl, wet hands and mix, season well.
2. Portion the pattie ingredients and season, you want to make the mince about a small golf-ball size depending on your tortillas
3. Next set up your tortillas and desired toppings so they are close by to the stove
4. Heat up a large skillet high heat then on the back burner add another pan and heat on low heat
5. Place the beef on the skillet then add tortilla on top and smash it down (if necessary depending on skillet size, you can do more than 1 at a time)

6. Make sure the tortilla is pressing down so the burger is thin and cook for about 3 minutes and gently flip over
7. Remove from skillet and add to the skillet behind it to crisp the other side of the tortilla (I do this because skillet can get greasy so it's good to use a new one)
8. Quickly add the cheese at this time and crisp tortilla for about 2-3 minutes
9. Remove from heat and add desired toppings and enjoy while warm