

a fresh approach

Beef Burger Baguette

Serves: 10
Preparation time approx. 40 minutes

Ingredients:

- 10 Birds Eye Foodservice Original Beef Burgers
- 10 pieces of French bread
- 1 iceberg lettuce, shredded
- 10 tomatoes, sliced
- 30 slices cucumber
- 150ml (10 level tbsp) low fat yoghurt
- 10 tsp mango chutney



To prepare:

1. Prepare the Burgers as per pack instructions
2. Cut the French bread down the centre and spread both sides with the mayonnaise and chutney
3. Shred the lettuce and place on top of the mayonnaise with some sliced cucumber and sliced tomato
4. Slice the cooked Burgers and arrange on top of the lettuce
5. Serve

Nutrition Information calculated per 100g		
Energy	125	kcal
Carbohydrate	16	g
NME sugar	3.9	g
Fat	4	g
Saturated Fat	1.6	g
Protein	5.9	g
Fibre	1.3	g
Sodium	200	mg
Vitamin A	35	ug
Vitamin C	7	mg
Folate	30	ug
Calcium	42	mg
Iron	0.6	mg
Zinc	0.3	mg

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