

a fresh approach

Original Beef Burger And Sesame Dip

Serves: 10
Preparation time approx. 15 minutes

Ingredients:

- 10 Birds Eye Foodservice Original Beef Burgers
- 10 sesame seed buns
- 10 tsp of tomato ketchup
- 5 carrots cut into batons
- A few salad leaves

Sesame Dip

- 2 tbsp Low fat mayonnaise
- 2 tbsp yoghurt
- 2 tsp toasted sesame seeds

To prepare:

1. Grill the burgers from frozen as per pack instructions.
2. Toast the buns.
3. Fill each bun with a burger and lettuce.
4. Spread the ketchup on top of the burgers.
5. Serve with the carrots.

Sesame Dip

1. Mix all the ingredients together, season to taste.



Nutrition Information calculated per 100g		
Energy	193	kcal
Carbohydrate	23	g
NME sugar	6.2	g
Fat	7.5	g
Saturated Fat	2.6	g
Protein	8.6	g
Fibre	1.5	g
Sodium	535	mg
Vitamin A	225	ug
Vitamin C	2	mg
Folate	35	ug
Calcium	80	mg
Iron	0.7	mg
Zinc	0.5	mg

Tip: For an even richer taste add 1tsp toasted sesame oil to the sesame dip

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