

Bold indicates up to 5 main recipe components

italicized indicates maintenance inclusions

Ideal Protein Recipe

Phase 3: Lettuce Wrap Beef Burger Topped with Okra Fries – swiss cheese, avocado

Serves: 1

Scaleable: yes, but you can only cook up to 1 portion in the air fryer at a time

Prep time: 5 min

Cook time: 20 min

Ingredients:

1 portion ground beef

1/8 tsp salt

½ tsp oil

4-6 large leaves of red or green-leaf lettuce, thick center rib shaved down leaving the leaf intact

1 oz (28g) swiss cheese slice(s) (1 portion fat)

¼ avocado, sliced (1 portion fat)

1 slice beefsteak tomato

Okra Fries

1 cup fresh okra, halved length-wise, stem cut off

1/8 tsp salt

1 tsp olive oil

Method:

Preheat air fryer to 400F. Brush basket of air fryer with ½ tsp oil.

Mix beef with salt. Divide into two and form them into burger patties. Set aside

Mix okra gently with salt and the remaining oil and add to the air fryer. Cook for 4 minutes.

Toss okra. Put burger patties in on one side of the air fryer basket and okra fries on the other side. Cook for 4 minutes.

Flip the burgers and put swiss cheese on the burgers. Toss okra fries gently and cook for another 4-6 minutes or until okra is charred and burgers are fully cooked.

While the burgers cook, place a large sheet of parchment paper on a countertop. Lay out lettuce leaves overlapping one another forming a rectangle. Place avocado and tomato slice in the center.

Put the cooked burgers on top of the avocado. Carefully bring in 3 sides of the lettuce leaves to cover the burger. Bring up the parchment paper and use it as a mechanism to keep the lettuce leaves in place. Wrap the burger with the lettuce leaves fully by folding the lettuce leaf package to meet the last sides of the leaves. Twist two sides of the excess parchment paper together.

When ready to serve, slice through the parchment paper in half to reveal the center of the burger. Eat by gradually removing any parchment paper while you take bites. Serve with okra fries.

