



Hamburger with Pineapple Bun

⌚ 30—40 Min   

Preparation

- 1 Combine the paprika, oregano, marjoram, cayenne pepper, garlic, and a good pinch of salt and pepper into a seasoning mix. Mix the ground beef and the seasoning thoroughly and shape four equal-sized patties out of the mixture.
- 2 Slice the pineapple, then remove the skin and stalk.
- 3 Fry the bacon until crispy and wash the arugula. Peel the red onion and cut into thin slices. Wash and slice the tomatoes.
- 4 Fry the burger patties with a little oil in a non-stick pan (or grill pan) for around three minutes on each side until nicely browned.
- 5 Halve the avocados, remove the stone and use a spoon to scoop out the flesh. Add salt, pepper and a little olive oil and use a fork to make mashed avocado. Season with some lemon juice to taste (optional).
- 6 Cover the sliced pineapple with the mashed avocado, patties, bacon, onion rings, tomato slices and arugula and top with another slice of pineapple.

Ingredients 4 Portions

♦ = Kotányi Produkte

500 g	Beef, ground
1 piece	Pineapple, large
1 piece	Red onion
2 piece	Tomatoes, on the vine
50 g	Arugula
8	Bacon
2 piece	Avocados
1 tsp.	♦ Paprika, Smoked
0.5 tsp.	♦ Organic Oregano, Crushed
0.5 tsp.	♦ Organic Marjoram, Crushed
	♦
0.5 tsp.	♦ Cayenne Pepper, Ground
0.5 tsp.	♦ Garlic Granules
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole
	Olive oil
	Lemon juice (optional)

