



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

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|----------|-----------------------------|
| 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) |

