

Low-carb Tex-Mex Burger Platter



Savor the scrumptious fried Keto beef burger patty along with the creamy avocado, mouthwatering cheese, jalapeños, crisp lettuce & rich sour cream. Delightful delicious dinner!

Ingredients for 2 serving (US/Metric)

- 215g / 7.6oz **Ground beef**
- 3 *tsp* **Allspice**
- 3.5 *tbsp* **Olive oil**
- 20g / 0.7oz **Mexican Cheese, shredded**
- 0.5 *pieces* **Avocado**
- **Lettuce**
- **Pickled Jalapeno**
- 4.5 *tbsp* **Sour cream**

Nutrition (US/Metric)

- **Protein: 11%**

- **Fat:** 87%
- **Net carbs:** 3%

Instructions

1. Transfer the ground beef into a bowl, add the seasoning & mix nicely. Take the mixture into your palms and shape it to form a burger patty.
2. Heat half of the olive oil in a frying pan.
3. Transfer the patty into the pan. Fry each side for 3-4 minutes until pinkish or cooked through. Sprinkle some salt pepper seasoning.
4. Serve the fried burger patty with avocado, cheese, jalapeños, lettuce & sour cream. Also, pour the leftover olive oil & enjoy it.