



Cilantro Beef Burgers & Ecuadorian Style Patacones (Fried Plantains)

Ingredients For Beef Burger

- 1.2 lb organic ground beef
- 2 free range organic egg
- 1/4 diced white onion
- 1 finely diced garlic clove
- 1/2 cup almond flour
- 1 bundle of cilantro, chopped
- Sea salt and ground black pepper to taste



Directions

1. Turn oven to broil. Arrange rack so baking pan is close to heat.
2. Cover backing pan with aluminum foil and set aside.
3. Combine all ingredients and form into patties.
4. Place patties on the center of the baking pan and broil for 6-8 minutes. Flip and broil for another 6-8 minutes.
5. When both sides are golden brown, remove from oven.

Ingredients for patacones

- 1 plantain
- 4 tablespoons of coconut oil

Directions

1. Cut plantain into thick slices (each slice about one inch long).
2. Place oil in skillet and turn stove to medium heat. Oil should cover skillet's surface and over 1/4 inch of plantains.
3. Place plantains in oil and fry for two minutes. Should be crisp, but not burnt at the bottom.



4. Turn plantains over and fry another two minutes.
5. Remove plantains from oil and use paper towel to remove excess oil.
6. Smash plantains with bottom of a glass and then sprinkle each with a little salt.
7. Fry both sides of plantains again for 1-2 minutes.
8. Remove from oil, pat dry with a paper towel and serve.

Calories: 541.5

Proteins: 30.8 g

Carbohydrates: 30.4 g

Fats: 32.85 g

* Calories and macros are calculated for 1 serving beef recipe makes 5 servings,
patacones recipe makes 2