



FRIDAY

**BEEF AND MUSHROOM KOFTA BURGERS
AND GREENS**

Cost per serving \$2.50

PREP 10 min COOK 12 min SERVES 6

- 6 Beef and Mushroom Kofta Burgers
- 8 cups Longo's Mixed Salad Greens
- 1 tomato, sliced
- 1/2 red onion, sliced

Longo's Piri Piri Sauce

GRILL patties on greased grill over medium-high heat, turning once for about 15 minutes or until no longer pink inside.

DIVIDE mixed greens, tomato and onion among plates and top with burgers. Drizzle with more piri piri sauce to serve.

PER SERVING: 234 calories; 21 g protein; 12 g fat;
12 g carbohydrate; 2 g fibre; 4 g sugars; 547 mg sodium