



## 20-Minute Burger Taco

5 servings  
20 minutes

### Ingredients

- 5 Flour Tortillas (8-inch (20 cm))
- **1 lb. (454 g)** Ground Beef
- Sea Salt & Black Pepper (to taste)
- **2 tbsps** Avocado Oil (for frying)
- **1** Red Onion (medium, chopped or cut into thin half moon slices)
- **5 slices** Cheddar Cheese
- **10** leaves Iceberg Lettuce
- **4** Tomatoes
- **2 tbsps** Mayonnaise
- **2 tbsps** Ketchup
- **2 tbsps** Yellow Mustard
- **2** Pickled Cucumber (cut into small cubes)

### Directions

1. Mix mayonnaise, ketchup, and mustard and pickled cucumbers. Set aside.
2. Spread the ground beef onto five tortillas until up to the edges. Spice with salt and peppers. Cook one at a time (with the ground beef down) on a non-stick skillet with oil for 3-5 minutes or until the meat is cooked.
3. Remove the tortilla from the skillet and place it on a plate with the tortilla side down. Immediately place two halves of the cheese slice on the half of the tortilla (the meat should still be hot to melt the cheese). To help melt the cheese, bring each tortilla with cheese in the microwave for 15 seconds.
4. Top cheese with tomato slices, lettuce leaves, and red onion. Add a couple of spoons of the dressing and fold the tortilla in half like a taco. Serve immediately.

### Notes

- **Grilling.** Use an electric grill instead of a pan. Preheat the press, and cook the tortilla with meat. Flip it and garnish it with veggies and the dressing. Fold it and give your burger taco a quick press.
- **Leftovers.** Keep in an airtight container in the fridge for 2-3 days.