



GLUTEN  
FREE

# Beef Souva

COOK 35 MINS | SERVES: 4

## INGREDIENTS

- Peppercorn Extra Lean Beef Burgers
- 24 truss cherry tomatoes
- 1 red onion, finely sliced
- Lemon cheeks, to serve
- 1/4 cup freshly, chopped flat-leaf parsley

### Tzatziki:

- 1 Lebanese cucumber, grated
- 180g (3/4 cup) unsweetened Greek yoghurt
- 1 tbsp extra virgin olive oil
- 1 tbsp finely chopped mint leaves
- 1 tsp finely chopped dill fronds
- 1 garlic clove, finely grated
- Finely grated zest and juice of 1 lemon
- Sea Salt

### Luke's Famous Flatbreads:

- 100g (1 cup) almond flour
- 125g (1 cup) arrowroot or tapioca flour
- 125mL (1/2 cup) coconut milk
- 1/2 tsp sea salt
- 3-4 tbsp extra virgin olive oil, for frying

## PREPARATION

1. Tzatziki: place all the ingredients in a bowl, season generously with salt and pepper and mix well. Place in the fridge until ready to serve.
2. Flatbreads: Place the almond flour, arrowroot or tapioca flour, coconut milk, salt and 125 ml (½ cup) of water in a bowl and mix well to form a smooth, thin batter. Add olive oil to a small non-stick frying pan over medium heat. Ladle one-quarter of the batter into the pan, tilting and swirling it to coat the base in an even layer, and cook for 2-3 minutes, then carefully turn over with a spatula and cook for a further 2 minutes, or until golden.
3. Preheat a large fry pan or grill pan to medium-hot and brush it with a little oil. Add the burger patties and cook for about 4-5 minutes on each side, or until they are golden brown and caramelised.
4. Using the same pan with all the lovely juices, add the truss tomatoes to the pan and cook, turning gently until they begin to soften and blister on all sides.
5. To serve, slice each burger in half and place on top of the flatbreads. Top these with the tomatoes, red onion, and tzatziki, sprinkle over some chopped parsley, squeeze over some lemon juice, drizzle with a little olive oil and serve immediately with extra lemon wedge.

This recipe was created by Cook with Luke.

Check out more of his recipes: <https://www.cookwithluke.com/recipes>