



Fresh Herb Burger and Roasted Cauliflower

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 1

Nutrition Information Per Serving

367.7 calories, 5.45 g carbohydrate, 2.58 g fiber, 2.87 g NET carbs, 24.13 g protein, 28.57 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 tsp chopped fresh chives
- 1 tsp fresh parsley, chopped
- 1 cup organic cauliflower, cut into small florets
- 1/4 pound(s) grass-fed ground beef
- 1 Tbsp avocado oil
- 1/2 Tbsp(s) fresh basil, chopped

Preparation

1. Preheat oven to 400 degrees F.
2. Toss the cauliflower with the oil and lay on a sheet pan.
3. Roast until browned and tender, about 20-25 minutes.
4. While cauliflower is cooking, mix the beef with the herbs and season with salt.
5. Grill over medium high heat until burger is cooked to your liking, and serve with the cauliflower.

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