

Beef Burger Patties with Garlic Aioli & Tomato-Cucumber Salad



30 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[spatula](#)
[stainless steel or cast iron skillet](#)

Grab ingredients

½	English cucumber
1 clove	garlic
¾ lb	lean ground beef
½	lemon
1	shallot
2	tomatoes
	black pepper
	extra virgin olive oil
	mayonnaise
	salt
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
2 tomatoes
½ English cucumber
½ lemon
- 2 Quarter the tomatoes lengthwise and cut out and discard the stem ends; cut the quarters crosswise into ½-inch-thick chunks and transfer to a medium salad bowl.
- 3 Trim off and discard the ends of the cucumber; quarter the cucumber lengthwise, then slice crosswise into ½-inch-thick pieces and add to the salad bowl.
- 4 Trim off and discard the ends of the shallot; peel and halve the shallot lengthwise, then thinly slice crosswise into half-rounds and add to the salad bowl.
1 shallot
- 5 Preheat a skillet over medium-high heat.
- 6 In a medium bowl, combine and mix together the ground beef, salt, and pepper. Form the mixture into 2 equal-sized patties and place on a plate.
¾ lb lean ground beef
½ tsp salt
¼ tsp black pepper
- 7 Once the skillet is hot, add coconut oil and swirl to coat the bottom.
½ tbsp virgin coconut oil
- 8 Place the burger patties in the skillet and cook until desired doneness, 2 to 5 minutes per side. Once done, transfer to a plate.
- 9 Juice the lemon; add ½ of the juice to the salad bowl and transfer the other ½ to a small bowl.
- 10 Drizzle the salad with olive oil and season with salt and pepper; toss to combine.
1 tbsp extra virgin olive oil
¼ tsp salt
⅛ tsp black pepper

- 11 Trim off and discard the root end of the garlic; peel and mince or press the garlic. Add to the small bowl with the lemon juice.
1 clove garlic
- 12 To the lemon juice and garlic, add mayonnaise, salt, and pepper; mix together until well combined.
3 tbsp mayonnaise
¼ tsp salt
⅛ tsp black pepper
- 13 To serve, divide the salad between plates; place the burger patties on the side and serve with the garlic aioli. Enjoy!