

Slimming World Big Mac In A Bowl

4.5 SYNs per serving on Extra Easy

(or 5.5 SYNS if use Kraft Dairylea Light, NOTE less if Cheese is used as a Healthy Extra A)



Ingredients:

- 250g Extra Lean Minced Beef.
- 1 Onion peeled and finely chopped.
- Pickled Gherkins chopped into slices.
- 4 slices of Morrison's NuMe Cheese Slices 10 pack, 20g slice (2 SYNS EE) or Kraft, Dairylea Slices, Light , 25g slice (2½ SYNS EE).
- Iceberg Lettuce.
- 2 tbsp of Kraft Light Thousand Island Dressing (1/2 SYN per 1 level tbsp).

Cooking Instructions

1. Shred the Lettuce and put onto the plate.
2. Cook the Mince and Onion in a pan.
3. Once cooked add the sliced Gherkins stirring well.
4. Remove from the heat and add 2 slices of Cheese & allow it to melt slightly.
5. Add the Thousand Island dressing and stir.
6. Serve on top of the lettuce and top with the last slice of cheese.

Serve with Slimming World chips.