

GOURMET MESO-MEAL

“Lose weight and feel great eating gourmet meals.”



Vicky Mac's Truffle Burger

Ingredients

(Serves 2, because nobody should be seduced alone)

- 1 lb **grass-fed ground beef** (form into two thick patties)
- 2 tbsp **ghee** or **duck fat**
- 1½ cups **organic mixed mushrooms** (shiitake, oyster, cremini)
- 1 small **shallot**, minced
- 1 clove **garlic**, minced

- ¼ cup **dry red wine** (cab or pinot noir)
- 1 tbsp **coconut aminos**
- 1 tsp **truffle oil**
- Sea salt & cracked pepper to taste
- Optional: sprinkle of **fresh thyme** or **rosemary**

Directions

1. **Sear the Patties**

Heat the skillet with ghee until shimmering. Sear patties 3–4 min per side. Rest under foil.

2. **Make the Mushroom-Wine Reduction**

In the same pan, add ghee, shallot, and garlic. Sauté 1 minute.

Add mushrooms and cook till golden. Deglaze with red wine and coconut aminos.

Reduce until glossy and slightly syrupy.

3. **Finish with Truffle Magic**

Drizzle truffle oil, stir gently, then spoon over the beef.

4. **Serve**

Plate with a side of **roasted broccolini** or **cauliflower mash** (mix in a dash of ghee and nutmeg).

Vicky's note: Pair with a **dry red wine** or **sparkling water with lime and pink salt** for a classy, low-carb vibe. Vicky loves her wine.