

# Big Mac Bra-Vo Bowl

All the Big Mac flavour you crave — without the bun, the guilt, or the late-night drive-thru shame.

## Ingredients:

- For the Beef (aka The Uplift Crew):
- ½ lb (225 g) extra-lean ground beef
- 2 tsp mustard
- 2 tsp taco seasoning (optional, but adds a spicy little shimmy)

For the Potatoes (Your Crispy Support Squad):

- 1 large russet potato, diced
- ½ tbsp olive oil
- ½ tsp Jake's Lemon Pepper — because even your spuds deserve great support

For the Salad (Fresh Like a New Bra Day):

- ¼–½ head iceberg lettuce, washed & chopped
- ½ medium tomato, diced
- 1–2 dill pickles, finely diced
- 2 tbsp white onion (optional)
- ¼ cup shredded cheddar (also optional, but... come on.)

For the “Big Mac Bra-Strap Sauce”:

- 1 tbsp mayo
- 1 tbsp ketchup
- ½ tsp mustard
- 1 tsp pickle juice
- 1 tsp finely chopped pickles

## Directions (strap in, babe)

### 1. Give the Beef a Lift

Brown beef, stir in mustard and taco seasoning, drain the fat.

### 2. Perky Potatoes

Toss potatoes with olive oil + Jake's Lemon Pepper.

Air fry at 400°F (200°C) for 20 minutes, shaking halfway.

### 3. Prep the Veggies

Chop lettuce, dice tomato and pickles.

### 4. Mix the “Bra-Strap Sauce”

Stir together mayo, ketchup, mustard, pickle juice, and chopped pickles.

### 5. Build Your Booby Bowl

Layer lettuce, top with beef, potatoes, tomato, and pickles.

Drizzle with sauce. Add cheese if you're feeling extra supported

