

Mexican Beef and Broccoli Sandwich

This hearty Mexican-inspired sandwich combines juicy seasoned beef with crisp broccoli, all nestled between two slices of toasted bread. Perfect for a satisfying lunch or dinner!



Sandwich

Mexican

20 min

Total time

medium

Difficulty

550

kcal / serving

Ingredients

- 150g ground beef
- 1 slice of bread (your choice)
- 1/2 cup broccoli florets
- 1/4 tsp chili powder
- 1/4 tsp cumin
- Salt and pepper to taste
- 1 tbsp mayonnaise
- 1 slice of cheese (optional)
- 1 tbsp olive oil
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add the ground beef, season with chili powder, cumin, salt, and pepper. Cook until browned, about 5-7 minutes.
- 3 While the beef is cooking, steam the broccoli until tender, about 3-4 minutes.
- 4 Toast the bread until golden brown.
- 5 Spread mayonnaise on one side of the toasted bread.
- 6 Layer the cooked beef on top of the mayonnaise, followed by the steamed broccoli and cheese if using.
- 7 Top with fresh cilantro, then close the sandwich with the other slice of bread.
- 8 Optionally, grill the sandwich in the pan for 2-3 minutes on each side for a crispy finish.
- 9 Slice in half and serve warm.