



Everything
But The Chef

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WK40
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Bucking Beef Burgers with Beetroot Relish

Throw your left hand in the air and consider those risky cowboys who attempt to stay atop a bucking bull. We suggest you eat your burger in the same way - use only your right hand to hold it, and if you can, attempt to eat it in eight seconds flat. Golden sweet potato fries are just like the gold bullions that those winning bull-riders receive as their prize... Recreate a rodeo in your kitchen tonight!

Prep: 10 mins
Cook: 35 mins
Total: 45 mins

level 1
 low kJ

Pantry Items



Olive Oil



Balsamic
Vinegar



Mustard



Water



Sweet Potato



Red Onion



Beetroot



Burger Buns



Nonna's Beef Mince



Tomato



Mixed Salad Leaves

2P	4P	Ingredients
1	2	sweet potato, unpeeled & cut into wedges
1 tbs	2 tbs	olive oil *
½	1	red onion, finely sliced
1	2	beetroot, scrubbed & grated (pop on some gloves) A
2 tbs	4 tbs	balsamic vinegar *
2 tbs	4 tbs	mustard (seeded or Dijon) *
2 tbs	4 tbs	water *
2	4	burger buns
250 g	500 g	Nonna's beef mince
1	2	tomato, sliced
1 bag	2 bags	mixed salad leaves, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1310	Kj
Protein	21.3	g
Fat, total	10.2	g
-saturated	2.5	g
Carbohydrate	29.5	g
-sugars	8.6	g
Sodium	400	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chopping board, chef's knife, plastic gloves, box grater, oven tray lined with baking paper, medium frying pan, paper towel and a plate.

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **sweet potato** on the lined oven tray. Toss in half of the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **30-35 minutes** or until tender and golden.



3 Heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and cook for **3 minutes** or until soft. Add the **beetroot**, **balsamic vinegar**, **mustard** and **water**. Cook, stirring, occasionally, for a further **8-10 minutes** or until the onion and beetroot become sticky. Remove from the pan and set aside. Wipe the pan clean with damp paper towel.

4 Meanwhile, shape the **beef mince** into patties (one per person). Heat a dash of olive oil in the wiped frying pan over a medium-high heat. Add the burger patties and cook for **3 minutes** on each side or until they have cooked through. This is an ideal time to place the **burger buns** on a rack in the oven for **5 minutes** or until warm and toasty. Slice them in half.



5 To serve, layer the burger buns with a beef pattie, **tomato slices**, **mixed leaves**, and the beetroot relish. Serve with the sweet potato chips on the side.



Did you know? The burger was invented out of convenience in 1900 in Connecticut. A sandwich shop owner used the left over meat from making steak sandwiches to make burger patties and sold those as well!