



Honey Mustard Beef Burgers

with Easy Beetroot Relish & Aioli

Grab your Meal Kit with this symbol



Red Onion



Garlic



Beetroot



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Bake-At-Home
Burger Buns



Tomato



Cos Lettuce



Garlic Aioli

Hands-on: **20 mins**
Ready in: **35 mins**

We thought it was time to upgrade the all-Aussie burger. With honey and mustard beef patties, sweet balsamic beetroot relish and creamy garlic aioli, the humble takeaway staple is all grown up and ready to party!

Pantry items

Olive Oil, Balsamic Vinegar,
Brown Sugar, Egg, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	4 People
olive oil*	refer to method
red onion	1
garlic	1 clove
beetroot	1
balsamic vinegar*	1½ tbs
brown sugar*	3 tsp
water*	1 tbs
egg*	1
beef mince	1 packet
fine breadcrumbs	1 packet
honey*	3 tsp
Dijon mustard	1 tub (15g)
salt*	¼ tsp
bake-at-home burger buns	5
tomato	2
cos lettuce	1 head
garlic aioli	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2970kJ (710Cal)	625kJ (149Cal)
Protein (g)	37.1g	7.8g
Fat, total (g)	29.2g	6.2g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	71.0g	14.9g
- sugars (g)	17.7g	3.7g
Sodium (g)	904mg	190mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Scrub and grate the **beetroot** (unpeeled).

TIP: Wear rubber gloves when grating the beetroot to avoid staining your hands.



2. Cook the beetroot relish

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **beetroot** and **onion** and cook until softened, **5-6 minutes**. Add the **balsamic vinegar, brown sugar** and **water** and cook, stirring often, until softened and sticky, **4-5 minutes**. Transfer to a bowl.



3. Make the beef patties

While the relish is cooking, combine the **egg, garlic, beef mince, fine breadcrumbs, honey** and **Dijon mustard** in a large bowl. Add the **salt** and a **pinch of pepper** and mix to combine. Shape the **beef mixture** into 5 patties slightly larger than your burger buns.



4. Cook the beef patties

Wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **beef patties** and cook, turning occasionally, until just cooked through, **4-5 minutes** each side.

TIP: The patties may go slightly dark when cooking, this is the sugar from the honey caramelising in the pan.



5. Bake the burger buns

While the beef patties are cooking, place the **bake-at-home burger buns** directly on a wire oven rack and bake until heated through, **4 minutes**. Thinly slice the **tomato**. Reserve a few **cos lettuce** leaves for the burgers, then shred the **remaining cos**.



6. Serve up

Halve the buns. Spread the bases with **garlic aioli**, then top with some reserved cos lettuce leaves, a beef patty, some tomato slices and the beetroot relish. Drizzle the shredded cos lettuce with olive oil, season with a pinch of salt and pepper and serve on the side.

Enjoy!