



Easy Homemade Beef Burgers

with Veggies & Pesto Aioli



Make a pesto aioli



Zucchini



Red Capsicum



Pesto



Garlic



Beef Mince



Garlic Aioli



Fine Breadcrumbs



Bake-At-Home Burger Buns



Baby Spinach Leaves



Hands-on: **25** mins

Ready in: **30** mins

Burgers meet Mediterranean charred veggies and pesto? Yes please. This not-so-classic burger is all the things we love about modern Australian cuisine: no rules, all flavour.

Pantry Staples: Olive Oil, Egg

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, small bowl, large bowl, two plates, large frying pan, spatula, aluminium foil** and a **wooden spoon**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Slice the **zucchini** into thin discs. Thinly slice the **red capsicum**. Peel and crush the **garlic**.

In a small bowl, mix the **pesto** and the **garlic aioli** together.



2 MAKE THE BEEF PATTIES

In a large bowl, combine the **beef mince**, crushed **garlic**, **salt (use suggested amount)**, **egg**, **fine breadcrumbs** and a **pinch of pepper**. Mix well. Shape the beef mixture into evenly sized patties (one per person) about the size of your burger buns. Set aside on a plate.



3 COOK THE BEEF PATTIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Cook the **beef patties** for **4-5 minutes** on each side, or until cooked through. **TIP:** *The beef patties are cooked when the centre is no longer pink.* Set aside on a plate and cover with foil to keep warm.



4 COOK THE VEGGIES

Return the pan to a medium-high heat and add a **drizzle of olive oil**. Add the **zucchini** and **red capsicum** and cook for **3-4 minutes**, or until tender. Season to taste with a **pinch of salt** and **pepper**.



5 COOK THE BURGER BUNS

While the veggies are cooking, place the **bake-at-home burger buns** in the oven (directly onto the wire racks) for **3 minutes**, or until heated through. **TIP:** *Make sure the burger buns don't burn!*



6 SERVE UP

Slice the burger buns in half and coat the base of the bun with the pesto aioli. Add a beef patty and top with the zucchini, capsicum and **baby spinach leaves**. Drizzle any remaining spinach leaves with **olive oil** and **balsamic vinegar** and serve on the side.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
zucchini	1
red capsicum	1
garlic	2 cloves
pesto	1 tub (50 g)
garlic aioli	1 tub (50 g)
beef mince	1 packet
salt*	½ tsp
egg*	2
fine breadcrumbs	½ packet (¼ cup)
bake-at-home burger buns	5
baby spinach leaves	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (801Cal)	750kJ (179Cal)
Protein (g)	47.7g	10.7g
Fat, total (g)	38.7g	8.7g
- saturated (g)	11.1g	2.5g
Carbohydrate (g)	59.6g	13.3g
- sugars (g)	7.1g	1.6g
Sodium (g)	1140mg	255mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2018 | WK8

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