














Dijon Beef Burgers & Sweet Potato Chips

with Homemade Beetroot Relish

Grab your Meal Kit with this symbol 



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|  |  |
| Sweet Potato | Brown Onion |
|  |  |
| Beetroot | Garlic |
|  |  |
| Beef Mince | Fine Breadcrumbs |
|  |  |
| Dijon Mustard | Bake-At-Home Burger Buns |
|  |  |
| Tomato | Garlic Aioli |
|  | |
| Rocket Leaves | |

 Hands-on: **20-30** mins
Ready in: **25-35** mins

We've packed loads of flavour into these beef patties with the crowd-pleasing combo of honey and mustard. Team them with an easy beetroot relish for a fun kick and sweet potato chips for all kinds of yum!

*Unfortunately, this week's cos lettuce was in short supply, so we've replaced it with rocket.
Don't worry, the recipe will be just as delicious!*

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
beetroot	1	2
balsamic vinegar*	2 tbs	½ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
garlic	1 clove	2 cloves
beef mince	1 small packet (250g)	1 medium packet (460g)
egg*	1	2
fine breadcrumbs	1 packet	2 packets
honey*	1 tsp	2 tsp
Dijon mustard	1 tub (15g)	2 tubs (30g)
salt*	¼ tsp	½ tsp
bake-at-home burger buns	2	4
tomato	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4292kJ (1025Cal)	571kJ (136Cal)
Protein (g)	48.6g	6.5g
Fat, total (g)	43.9g	5.8g
- saturated (g)	10.9g	1.5g
Carbohydrate (g)	99.5g	13.2g
- sugars (g)	37.3g	5g
Sodium (mg)	1105mg	147mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the sweet potato chips

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time!

TIP: If the chips don't fit in a single layer, spread them across two trays!



4. Cook the 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, **8-10 minutes**.

TIP: The patties will char a little, this adds to the flavour!

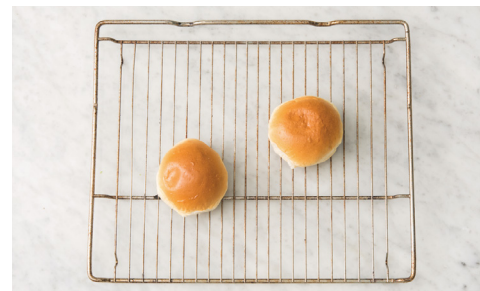
TIP: Be gentle when turning the patties!



2. Make the beetroot relish

While the chips are baking, thinly slice the **brown onion**. Grate the **beetroot** (unpeeled). Heat a **good drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **beetroot**, **balsamic vinegar** and **brown sugar** and cook until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with a **pinch of salt** and **pepper** and transfer to a bowl.

TIP: Wear rubber gloves while prepping the beetroot to prevent stained fingers!



5. Heat the burger buns

While the beef patties are cooking, place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**. Thinly slice the **tomato**.



3. Make the beef patties

While the relish is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **beef mince**, **garlic**, **egg**, **fine breadcrumbs**, **honey**, **Dijon mustard**, the **salt** and a **pinch of pepper**. Shape the **beef mixture** into evenly sized patties a bit larger than your burger buns.

TIP: Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.



6. Serve up

Cut the burger buns in half. Spread bases of the buns with **garlic aioli** and top with beetroot relish, beef patties, tomato and **rocket leaves**. Serve the sweet potato chips on the side.

TIP: Keep any remaining beetroot relish in the fridge for up to 1 week!

Enjoy!