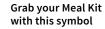


# **Dijon Beef Burgers**with Homemade Beetroot Relish & Sweet Potato Chips











**Sweet Potato** 







Fine Breadcrumbs





Bake-At-Home

Dijon Mustard



Tomato



Mayonnaise





**Rocket Leaves** 

#### 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

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	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	⅓ cup	
brown sugar*	1 tbs	2 tbs	
water*	⅓ cup	⅔ cup	
garlic	1 clove	2 cloves	
beef mince	1 small packet	1 medium packet	
egg*	1	2	
fine breadcrumbs	1 packet	2 packets	
honey*	1 tsp	2 tsp	
Dijon mustard	1 tub	2 tubs	
1.0	(15g)	(30g)	
salt*	1/4 tsp	½ tsp	
bake-at-home burger buns	2	4	
tomato	1	2	
mayonnaise	1 packet (40g)	1 packet (100g)	
rocket leaves	1 bag (30g)	1 bag (60g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g	
Energy (kJ)	4383kJ (1047Cal)	565kJ (135Cal)	
Protein (g)	49.5g	6.4g	
Fat, total (g)	44g	5.7g	
- saturated (g)	10.9g	1.4g	
Carbohydrate (g)	103.1g	13.3g	
- sugars (g)	41g	5.3g	
Sodium (mg)	1135mg	146mg	

#### **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.



### Bake the chips

Preheat heat 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 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 size so it cooks in time! **TIP:** If the chips don't fit in a single layer, divide them between two trays!



#### 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 **salt** and **pepper** and transfer to a bowl.



## Make the beef patties

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

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



# Cook the patties

Wipe out the frying pan and return to a mediumhigh heat with a drizzle of **olive oil**. Cook the **beef patties**, turning occasionally, until just cooked through, **8-10 minutes**.

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



## 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**.



#### Serve up

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

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

Enjoy!