



# Dijon Beef Burgers

with Homemade Beetroot Relish & Sweet Potato Chips

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Beetroot



Garlic



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Bake-At-Home  
Burger Buns



Tomato



Mayonnaise



Rocket Leaves

Hands-on: 25-35 mins  
Ready in: 35-45 mins

We've packed loads of flavour into these beef patties with the crowd-pleasing combo of honey and mustard. Top them with tomato and rocket, then add an easy beetroot relish for a fun kick.

### 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	¼ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ 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 (15g)	1 tub (40g)
salt*	¼ 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)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4156kJ (993Cal)	539kJ (129Cal)
Protein (g)	49.3g	6.4g
Fat, total (g)	36.9g	4.8g
- saturated (g)	10.4g	1.3g
Carbohydrate (g)	105.6g	13.7g
- sugars (g)	43.5g	13.7g
Sodium (mg)	1200mg	156mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into chips. Place on a lined oven tray. 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:** If the chips don't fit in a single layer, divide between two trays!



## Cook the patties

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **beef patties**, flipping every now and then, until just cooked through, **8-10 minutes**.

**TIP:** The patties will char a little, this adds to the flavour! Be gentle when flipping the patties!



## Bake the beetroot relish

While the chips are baking, thinly slice the **brown onion**. Grate the **beetroot**. Heat a good drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **onion** 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.



## 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**.



## Make the burger 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**, the **salt** and a pinch of **pepper**. Shape the **beef mixture** into evenly sized patties (1 per person) a bit larger than a burger bun.



## Serve up

Cut the burger buns in half. Spread bases of the buns 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!