

Bucking Beef Burgers with Sweet Potato Wedges

Beetroot on a burger is as essentially Australian as sunburnt feet in a beach carpark in summer. Of course, that doesn't mean you can't get experimental with it! We think our sticky beetroot relish with Dijon mustard and balsamic vinegar is second to none, and contrasts beautifully with crunchy sweet potato wedges.



Prep: 15 mins Cook: 35 mins Total: 50 min



level 1



lactose free



helping hands

Pantry Items















Beef Burger Mince



Bake-At-Home Burger Buns





Mixed Salad Leaves

800 g sweet potatoes, unpeeled & cut into wedges	
2 tbs olive oil *	
1 red onion, thinly sliced	*************************************
beetroot, scrubbed & grated (pop on some gloves)	
3 tbs balsamic vinegar *	
2 tbs mustard (seeded or Dijon) *	
3 tbs water *	
600 g beef burger mince	
5 bake-at-home burger buns	
2 tomatoes, thinly sliced	
½ bag mixed salad leaves, washed	⊕

	Ingredient features in another recipe
4	

* Pantry Items

Pre-preparation

Nutrition per serve

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Energy	3850	Kj		
Protein	53.7	g		
Fat, total	37.7	g		
-saturated	11.9	g		
Carbohydrate	79.6	g		
-sugars	22.2	g		
Sodium	1310	mg		



You will need: chef's knife, chopping board, plastic gloves, box grater, oven tray lined with baking paper, large frying pan, paper towel and a plate.

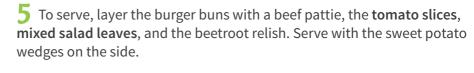
- Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the sweet potato wedges on the lined oven tray in a single layer. Toss the wedges in half of the olive oil and season with salt and pepper. Cook in the oven for 30-35 minutes or until tender and golden.



Heat the remaining olive oil in a large frying pan over a medium heat. Add the red onion and cook for 3-4 minutes or until soft. Add the beetroot, balsamic vinegar, mustard and water. Cook, stirring occasionally, for a further 10 minutes or until the onion and beetroot become sticky. Season to taste with salt and pepper. Remove from the pan and set aside. Wipe the pan clean with paper towel.



4 Meanwhile, shape the **beef burger mince** into patties (one per person). Heat a dash of olive oil in the large frying pan over a mediumhigh heat. Add the burger patties and cook for **4-5 minutes** on each side or until they have cooked through. This is an ideal time to place the **bake-at-home burger buns** on a rack in the oven for **5 minutes** or until warm and toasty. Remove them from the oven and slice in half.





Did you know? The burger was invented out of convenience in 1900 in Connecticut. A sandwich shop owner used the leftover meat from making steak sandwiches to make burger patties and sold those as well!