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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



Olive Oil



Balsamic Vinegar



Mustard



Water



Sweet Potato



Red Onion



Beetroot



Beef Burger Mince



Bake-At-Home
Burger Buns





Tomato




Mixed Salad Leaves

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QTY	Ingredients
800 g	sweet potatoes, unpeeled & cut into wedges
2 tbs	olive oil *
1	red onion, thinly sliced 
1	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

* Pantry Items

 Pre-preparation

Nutrition per serve

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.*

1 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.



3 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 medium-high 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.



5 To serve, layer the burger buns with a beef pattie, the **tomato slices, mixed salad leaves**, and the beetroot relish. Serve with the sweet potato wedges on the side.

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!