

GARLIC AIOLI STEAK BURGERS

with Beetroot Relish





Master a homemade beetroot relish



Red Onion





Cucumber





Bake-At-Home



Garlic Aioli

Continental Rolls



Baby Spinach Leaves

Pantry Staples



Olive Oil





Brown Sugar



Balsamic Vinegar

Hands-on: 20 mins Ready in: 25 mins

These steak burgers are easy for little hands to handle, but are paired with a delightful homemade beetroot relish that adults will love, too. The key to this easy supper is slicing the steak as thin as possible to make for easy eating.

BEFORE YOU START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, box grater, rubber gloves, vegetable peeler, medium frying pan, wooden spoon, large frying pan, plate, aluminium foil and a spoon.



■ GET PREPPED Preheat the oven to 200°C/180°C fan**forced**. Finely slice the **red onion**. Grate the **beetroot** until you have 34 cup. * TIP: Wear gloves to avoid staining your fingers. Peel the cucumber into ribbons using a vegetable peeler.



MAKE THE BEETROOT RELISH Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the red onion and cook for 4-5 minutes, or until softened. Add the **beetroot** and cook for 4-5 minutes, or until softened. Stir in the brown sugar and the balsamic vinegar and cook for 2-3 minutes, or until thickened and reduced. *TIP: Stand back! Vinegar emits a strong vapour when heated! Set aside in a bowl and cover with foil to keep warm.



TCOOK THE STEAKS Heat a drizzle of olive oil in a large frying pan over a high heat. Season both sides of the beef rump steaks with a pinch of salt and pepper and cook for 1-2 minutes on each side (depending on thickness), or until cooked to your liking. *TIP: This will give you a medium steak but cook for a little less if you like it rare or a little longer for well done. Set aside on a plate and cover with foil. Rest for 2 minutes and then slice into thin 0.5 cm strips.



SERVE UP Cut the garlic aioli steak burgers in half and divide between plates. Toss the remaining baby spinach leaves with a drizzle of olive oil and balsamic vinegar. Season with a pinch of salt and pepper and serve on the side.

Enjoy!



WARM THE ROLLS Place the bake-at-home continental rolls directly on the wire racks in the oven and cook for 4-5 minutes, or until heated through.



ASSEMBLE THE BURGERS Slice the continental rolls in 1/2 and spread the base with a spoonful of garlic aioli. Top with the slices of **steak**, the **beetroot** relish, the cucumber ribbons and a handful of baby spinach leaves. Season with a pinch of **salt** and **pepper**. *TIP: If the kids don't like beetroot, leave it off their burger and add more to the adult servings!

→ JOIN OUR PHOTO CONTEST!





4-5 PEOPLE

olive oil*

red onion beetroot

cucumber brown sugar*

beef rump

garlic aioli

balsamic vinegar*

baby spinach leaves

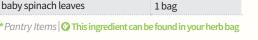
bake-at-home continental rolls



We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

●HelloFRESH

2017 | WK33 | F4



refer to method

1

1 tbs

1 tbs

5 2 tubs

1 packet

(150 g)

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kj) | 2620kJ (625Cal) | 680kJ (162Cal) |
| Protein (g) | 36.7g | 9.5g |
| Fat, total (g) | 26.3g | 6.8g |
| - saturated (g) | 4.6g | 1.2g |
| Carbohydrate (g) | 57.9g | 15.0g |
| - sugars (g) | 11.0g | 2.9g |
| Sodium (mg) | 684mg | 178mg |

INGREDIENTS