



GARLIC AIOLI STEAK BURGERS

with Beetroot Relish



Master a homemade
beetroot relish



Red Onion



Beetroot



Cucumber



Beef Rump



Bake-At-Home
Continental Rolls



Garlic Aioli



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**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **red onion**. Grate the **beetroot** until you have **¾ cup**. **TIP:** Wear gloves to avoid staining your fingers. Peel the **cucumber** into ribbons using a vegetable peeler.



2 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.



3 COOK 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.



4 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.



5 ASSEMBLE THE BURGERS

Slice the **continental rolls** in **½** 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!



6 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!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	1
beetroot	1
cucumber	1
brown sugar*	1 tbs
balsamic vinegar*	1 tbs
beef rump	1 packet
bake-at-home continental rolls	5
garlic aioli	2 tubs (150 g)
baby spinach leaves	1 bag

*Pantry Items | This ingredient can be found in your herb bag

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2017 | WK33 | F4

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