



Honey Mustard 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
-  Garlic Aioli
-  Rocket Leaves

 Hands-on: **30-40** 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 a homemade 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	½ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
garlic	1 clove	2 cloves
beef mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	2 packets
honey*	1 tsp	2 tsp
Dijon mustard	1 tub (15g)	2 tubs (30g)
salt*	¼ tsp	½ tsp
bake-at-home burger buns	2	4
tomato	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3970kJ (948Cal)	531kJ (127Cal)
Protein (g)	46.4g	6.2g
Fat, total (g)	36.4g	4.9g
- saturated (g)	9.0g	1.2g
Carbohydrate (g)	99.6g	13.3g
- sugars (g)	35.6g	4.8g
Sodium (g)	1060mg	142mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the chips

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time!



4. Cook the patties

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

TIP: The patties will char a little, this adds to the flavour!



2. Make the beetroot relish

While the chips are baking, thinly slice the **brown onion**. Grate the **beetroot** (unpeeled). Heat a **good drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **beetroot**, **balsamic vinegar** and **brown sugar**, then cook until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with a **pinch** of **salt** and **pepper** and transfer to a bowl.

TIP: Wear gloves to prevent stained fingers!



5. 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**.



3. Make the beef patties

While the relish is cooking, finely chop the **garlic** (or use a garlic press). 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 a bit larger than your burger buns.

TIP: Make a shallow indent in the centre of each patty, this will help prevent it from puffing up as it cooks.



6. Serve up

Cut the burger buns in half. Spread the bases with **garlic aioli** and top with the 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!