



Dijon 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



Mayonnaise



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 an easy 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 | ¼ cup |
| brown sugar* | 1 tbs | 2 tbs |
| water* | ½ cup | ¾ cup |
| garlic | 1 clove | 2 cloves |
| beef mince | 1 small packet | 1 medium 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 |
| mayonnaise | 1 packet (40g) | 1 packet (100g) |
| rocket leaves | 1 bag (30g) | 1 bag (60g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4383kJ (1047Cal) | 565kJ (135Cal) |
| Protein (g) | 49.5g | 6.4g |
| Fat, total (g) | 44g | 5.7g |
| - saturated (g) | 10.9g | 1.4g |
| Carbohydrate (g) | 103.1g | 13.3g |
| - sugars (g) | 41g | 5.3g |
| Sodium (mg) | 1135mg | 146mg |

Allergens

Always read product labels for the most up-to-date allergen information. Visit 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 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 size so it cooks in time!

TIP: If the chips don't fit in a single layer, divide them between two trays!

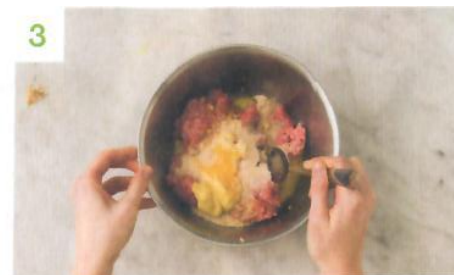
2



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** and cook until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with **salt** and **pepper** and transfer to a bowl.

3



Make the beef patties

While the relish is cooking, finely chop the **garlic**. In a medium bowl, combine the **beef mince**, **garlic**, **egg**, **fine breadcrumbs**, **honey**, **Dijon mustard** and the **salt**. Season with **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 to help prevent puffing up as it cooks.

4

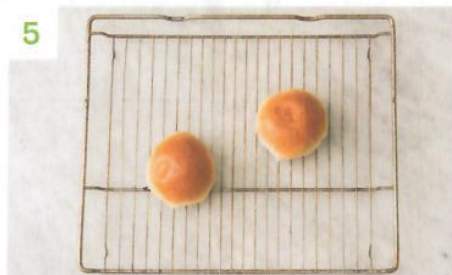


Cook the patties

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

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

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**.

6



Serve up

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