



Dijon Beef & Beetroot Relish Burger

with Sweet Potato Fries

KID FRIENDLY



Grab your meal kit with this number

2



Sweet Potato



Beetroot



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Dijon Mustard



Bake-At-Home Burger Buns



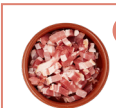
Tomato



Mayonnaise



Baby Spinach Leaves



Diced Bacon



Pork Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

We've packed loads of flavour into these beef patties with the crowd-pleasing combo of honey and Dijon. Load the burgers up with tomato, leafy greens and homemade beetroot relish for the perfect balance of sweet, savoury and peppery flavours.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
beetroot	1	2
balsamic vinegar*	2 tbs	¼ cup
brown sugar*	1 tbp	2 tbp
beef mince	1 medium packet	2 medium packets OR 1 large packet
egg*	1	2
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
honey*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
bake-at-home burger buns	2	4
tomato	1	2
mayonnaise	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4000kJ (956Cal)	592kJ (141Cal)
Protein (g)	48.5g	7.2g
Fat, total (g)	37.2g	5.5g
- saturated (g)	10.7g	1.6g
Carbohydrate (g)	102.7g	15.2g
- sugars (g)	33.5g	5g
Sodium (mg)	1538mg	228mg
Dietary Fibre (g)	15.9g	2.4g

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the patties

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **patties** until browned and cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).



Make the beetroot relish

- Meanwhile, grate **beetroot**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beetroot**, the **balsamic vinegar** and **brown sugar** until softened, **2-3 minutes**.
- Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season to taste. Transfer to a bowl.



Heat the burger buns

- Halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.
- Meanwhile, thinly slice **tomato**.



Make the burger patties

- Meanwhile, in a medium bowl, combine **beef mince**, the **egg**, **Aussie spice blend**, **fine breadcrumbs**, **Dijon mustard**, the **honey**, **salt** and a pinch of **pepper**.
- Shape **mixture** into evenly sized **patties** (1 per person), slightly larger than your burger buns.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into patties!



Serve up

- Spread burger bases with **mayonnaise**. Top with beetroot relish, Dijon beef patty, tomato slices and **baby spinach leaves**.
- Serve with sweet potato fries. Enjoy!

Little cooks: Take the lead and help build the burgers!

CUSTOM OPTIONS

+ ADD DICED BACON
Cook with the beetroot relish.

↻ SWAP TO PORK MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

