

## **Bucking Beef Burgers with Sweet Potato Wedges**

Beetroot on a burger is as essentially Australian as sunburnt feet in a beach carpark in summer. Of course, that doesn't mean you can't get experimental with it! We think our sticky beetroot relish with Dijon mustard and balsamic vinegar is second to none, and contrasts beautifully with crunchy sweet potato wedges.



Prep: 10 mins Cook: 40 mins Total: 50 mins





high protein



lactose free

## **Pantry Items**



Balsamic





Sweet Potato



Red Onion





Beef Burger Mince



Bake-At-Home Burger Buns





Gem Lettuce

2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & cut into wedges	
1 tbs	2 tbs	olive oil *	
1/2	1	red onion, finely sliced $\oplus$	
1	2	beetroot, scrubbed & grated (pop on some gloves) 🥏	
2 tbs	4 tbs	balsamic vinegar *	
2 tbs	4 tbs	mustard (seeded or Dijon) *	
2 tbs	4 tbs	water *	
250 g	500 g	beef burger mince	
2	4	bake-at-home burger buns	
1	2	tomato, sliced	
1 head	1 head	gem lettuce, finely shredded	

#	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

## **Nutrition per serve**

Energy	3490	Kj		
Protein	46.4	g		
Fat, total	34.3	g		
-saturated	10.3	g		
Carbohydrate	73.6	g		
-sugars	24	g		
Sodium	1260	mg		



You will need: chef's knife, chopping board, plastic gloves, box grater, oven tray lined with baking paper, medium frying pan, paper towel and a plate.

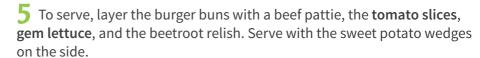
- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the **sweet potato** on the lined oven tray. Toss in half of the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **35-40 minutes** or until tender and golden.



Heat the remaining olive oil in a medium frying pan over a medium heat. Add the red onion and cook for 3 minutes or until soft. Add the beetroot, balsamic vinegar, mustard and water. Cook, stirring occasionally, for a further 8-10 minutes or until the onion and beetroot become sticky. Remove from the pan and set aside. Wipe the pan clean with damp paper towel.



4 Meanwhile, shape the **beef burger mince** into patties (one per person). Heat a dash of olive oil in the wiped frying pan over a mediumhigh heat. Add the burger patties and cook for **3 minutes** on each side or until they have cooked through. This is an ideal time to place the **bake-at-home burger buns** on a rack in the oven for **5 minutes** or until warm and toasty. Remove and slice them in half.





**Did you know?** The burger was invented out of convenience in 1900 in Connecticut. A sandwich shop owner used the leftover meat from making steak sandwiches to make burger patties and sold those as well!