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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



level 1



high
protein



lactose
free

Pantry Items



Olive Oil



Balsamic
Vinegar



Mustard



Water



Sweet Potato



Red Onion



Beetroot



Beef Burger Mince



Bake-At-Home
Burger Buns



Tomato



Gem Lettuce

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2P	4P	Ingredients
400 g	800 g	sweet potato, unpeeled & cut into wedges
1 tbs	2 tbs	olive oil *
½	1	red onion, finely sliced ⊕
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.



3 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 medium-high 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.



5 To serve, layer the burger buns with a beef pattie, the **tomato slices, gem lettuce**, and the beetroot relish. Serve with the sweet potato wedges on the side.

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!