# HELLO FRESH

# Dijon Beef Burger & Fries
## with Homemade Beetroot Relish

KID FRIENDLY

Potato

Beetroot

Aussie Spice Blend

Fine Breadcrumbs

Bake-At-Home Burger Buns

Tomato

Baby Spinach Leaves

Beef Mince

Dijon Mustard

Mayonnaise

Chicken Mince

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

Eat Me Early*
*Custom Recipe only*

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 a quick beetroot relish for the perfect balance of sweet, savoury and peppery flavours.

**CUSTOM RECIPE**  If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## 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 |
| potato | 2 | 4 |
| beetroot | 1 | 2 |
| *balsamic vinegar** | 2 tbs | ¼ cup |
| *brown sugar** | 1 tbs | 2 tbs |
| *water** | ⅓ cup | ⅔ cup |
| beef mince | 1 small packet | 1 medium 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 bag | 1 medium bag |
| chicken mince** | 1 small packet | 1 large packet |

**Pantry Items* ***Custom Recipe Ingredient*

## Nutrition

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 3917kJ (936Cal) | 573kJ (137Cal) |
| Protein (g) | 49.2g | 7.2g |
| Fat, total (g) | 37.2g | 5.4g |
| - saturated (g) | 10.6g | 1.6g |
| Carbohydrate (g) | 96g | 14g |
| - sugars (g) | 26g | 3.8g |
| Sodium (mg) | 1509mg | 221mg |

### Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 3520kJ (841Cal) | 515kJ (123Cal) |
| Protein (g) | 49.5g | 7.2g |
| Fat, total (g) | 26.4g | 3.9g |
| - saturated (g) | 5.7g | 0.8g |
| Carbohydrate (g) | 96g | 14g |
| - sugars (g) | 26g | 3.8g |
| Sodium (mg) | 1485mg | 217mg |

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

**2022** | CW52

### 1


### Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **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.*

### 2


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

### 3


### Make the burger patties

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

**Custom Recipe:** If you've swapped to chicken mince, prepare chicken mince in the same way as above.

### 4


### 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 cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).

**Custom Recipe:** Cook chicken patties in the same way as above.

### 5


### 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**.

### 6


### Serve up

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

**TIP:** *Store any leftover relish in the fridge, it's delicious in salads and sandwiches!*