HELLO FRESH

Dijon Beef Burgers & Sweet Potato Fries
with Homemade Beetroot Relish

Sweet Potato

Brown Onion

Beetroot

Garlic

Beef Mince

Fine Breadcrumbs

Dijon Mustard

Bake-At-Home Burger Buns

Tomato

Mayonnaise

Rocket Leaves

Shredded Cheddar Cheese

Hands-on: 25-35 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.

⚙ **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

B

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*	⅓ cup	⅔ cup
garlic	1 clove	2 cloves
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
Dijon mustard	1 packet (15g)	2 packets (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 small bag	1 medium bag
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4072kJ (973Cal)	529kJ (126Cal)
Protein (g)	49.1g	6.4g
Fat, total (g)	37g	4.8g
- saturated (g)	10.4g	1.4g
Carbohydrate (g)	100.9g	13.1g
- sugars (g)	38.8g	13.1g
Sodium (mg)	1196mg	155mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4508kJ (1077Cal)	567kJ (136Cal)
Protein (g)	55.3g	7g
Fat, total (g)	45.9g	5.8g
- saturated (g)	16.4g	2.1g
Carbohydrate (g)	100.9g	12.7g
- sugars (g)	38.9g	12.7g
Sodium (mg)	1377mg	173mg

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.

If you have any questions or concerns, please visit **hellofresh.com.au/contact**

1

Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: *If the fries don't fit in a single layer, divide between two trays.*

2

Make the beetroot relish

While the fries are baking, thinly slice the **brown onion**. Grate the **beetroot**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, 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**. Transfer to a medium bowl.

3

Make the 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**, the **salt** and a pinch of **pepper**. Shape the **beef mixture** into evenly sized patties (one per person) slightly larger than a burger bun.

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

CUSTOM RECIPE

If you've added shredded Cheddar cheese, in the last 1-2 minutes of cook time, sprinkle the cheese over the patties. Cover with a lid until the cheese is melted.

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. Bake until heated through, **3 minutes**. Meanwhile, thinly slice the **tomato**.

6

Serve up

Slice the burger buns in half. Spread each bun base with the **mayonnaise**. Top with some beetroot relish, a Dijon beef patty, tomato slices and **rocket leaves**. Serve with the sweet potato fries.

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

Enjoy!

Rate your recipe

Scan here to rate this recipe!