



# Honey Mustard Beef Burgers

with Easy Beetroot Relish & Aioli

Grab your Meal Kit with this symbol



Kumara



Red Onion



Garlic



Beetroot



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Burger Bun



Tomato



Cos Lettuce



Garlic Aioli

Hands-on: **20 mins**  
Ready in: **35 mins**

We thought it was time to upgrade the classic beef burger. With a sweet caramelised beetroot relish, honey and mustard beef patties and creamy garlic aioli, this humble takeaway staple is all grown up and ready to party!

### 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

	4 People
olive oil*	refer to method
kumara	2
red onion	1
garlic	1 clove
beetroot	1
balsamic vinegar*	2 tbs
brown sugar*	1 tbs
warm water*	1 tbs
egg*	1
beef mince	1 packet
fine breadcrumbs	1 packet
honey*	1 tbs
Dijon mustard	1 packet (15g)
salt*	¼ tsp
burger bun	5
tomato	2
cos lettuce	1 head
garlic aioli	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3490kJ (833Cal)	509kJ (122Cal)
Protein (g)	42.8g	6.2g
Fat, total (g)	26.6g	3.9g
- saturated (g)	5.8g	0.8g
Carbohydrate (g)	99.7g	14.6g
- sugars (g)	29.3g	4.3g
Sodium (g)	949mg	138mg

## Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Bake the kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**. Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Grate the **beetroot**.

**TIP:** Wear gloves when grating the beetroot to prevent stained fingers!



### 4. Cook the beef patties

Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef patties** and cook until just cooked through, **4-5 minutes** each side.

**TIP:** You may notice the patties darken slightly during cooking, this is the sugar from the honey caramelising in the pan.



### 2. Cook the beetroot relish

While the fries are baking, heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and **beetroot** and cook until softened, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar** and the **warm water** and cook until dark and sticky, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



### 5. Warm the burger buns

While the beef patties are cooking, place the **burger buns** directly on the wire rack of the oven and bake until heated through, **4 minutes**. While the burger buns are baking, thinly slice the **tomato** into rounds. Reserve a few **cos lettuce** leaves for the burgers, then shred the **remaining cos lettuce**.



### 3. Prepare the beef patties

While the relish is cooking, combine the **egg**, **garlic**, **beef mince**, **fine breadcrumbs**, **honey** and **Dijon mustard** in a large bowl. Add the **salt** and a **pinch** of **pepper** and mix to combine. Shape the **beef mixture** into 5 evenly sized patties (roughly the size of your burger buns).



### 6. Serve up

Halve the burger buns. Spread a layer of **garlic aioli** over the bases, then top with the beetroot relish, beef patties, tomato and reserved cos lettuce leaves. Drizzle the shredded cos lettuce with olive oil, season with a pinch of salt and pepper and serve with the burgers and kumara fries.

**Enjoy!**