



Dijon Beef Burgers & Sweet Potato Fries

with Homemade Beetroot Relish

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Beetroot



Garlic



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Bake-At-Home
Burger Buns



Tomato



Mayonnaise



Salad Leaves



Diced
Bacon

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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. Load the burgers up with tomato, rocket, and 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
sweet potato	2	4
brown onion	1	2
beetroot	1	2
balsamic vinegar*	2 tbs	¼ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ 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)
salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4081kJ (975Cal)	530kJ (127Cal)
Protein (g)	49.2g	6.4g
Fat, total (g)	37.5g	4.9g
- saturated (g)	10.8g	1.4g
Carbohydrate (g)	100.8g	13.1g
- sugars (g)	38.7g	13.1g
Sodium (mg)	1191mg	155mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4462kJ (1066Cal)	548kJ (130Cal)
Protein (g)	56.9g	7g
Fat, total (g)	43.8g	5.4g
- saturated (g)	13g	1.6g
Carbohydrate (g)	101.2g	12.4g
- sugars (g)	39.2g	4.8g
Sodium (mg)	1615mg	198mg

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](https://www.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](https://www.hellofresh.com.au/contact)

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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.



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).



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 small bowl.

CUSTOM RECIPE

Cook the diced bacon with the onion, breaking up with a spoon, until golden, 4-5 minutes. Continue with the step.



Heat the burger buns

While the 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**.



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.



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 **salad leaves**. Serve with the sweet potato fries.

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

CUSTOM RECIPE

Serve up as above, use the bacon beetroot relish in place of the beetroot relish.

Enjoy!