



# HONEY DIJON BEEF AND SALAD BURGERS

with Garlic Aioli



Make honey and mustard flavoured burger patties



Roma Tomato



Beef Mince



Dijon Mustard



Fine Breadcrumbs



Bake-At-Home Wholemeal Burger Buns



Baby Spinach Leaves



Garlic Aioli

## Pantry Staples



Egg



Honey



Hands-on: **25** mins  
Ready in: **30** mins

These burgers are jam packed with unexpectedly delicious flavours. From the honey and Dijon infused beef patties to the creamy garlic aioli, our dietitian Hannah says this beats the fast food joint any day of the week.

## BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **small bowl**, **large bowl**, **medium frying pan** and a **spatula**. Let's start cooking the **Honey Dijon Beef and Salad Burgers with Garlic Aioli**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **roma tomato**. Separate the **egg yolk** from the egg white, and set the yolk aside in a small bowl.

**TIP:** This recipe only uses the egg yolk but don't discard the egg white. Instead, pour it into a clear bag or container and freeze it for future use.



### 4 COOK THE BEEF PATTIES

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Cook the **beef patties** for **4-5 minutes** on each side, or until browned and cooked through.



### 2 FLAVOUR THE BEEF MINCE

In a large bowl, combine the **beef mince**, **Dijon mustard**, **honey**, **egg yolk** and **fine breadcrumbs** (use the suggested amount). Season with a **pinch** of **salt** and **pepper**.

*Pairing honey with mustard is a flavour match made in heaven. Cooks have been mixing them for years. Honey brings sweetness to the beef mince, which helps to tame the mustard flavour!*



### 5 PREP THE BURGER BUNS

While the beef patties are cooking, slice the **bake-at-home wholemeal burger buns** in half. Place the burger buns in the oven for **2-3 minutes**, or until heated through. Remove from the oven and set aside.



### 3 FORM THE BEEF PATTIES

Shape the **beef mince** mixture into even sized patties about the shape of your burger buns (you should get one per person).



### 6 SERVE UP

Fill a wholemeal burger bun with **baby spinach leaves**, a honey Dijon beef patty, **garlic aioli** and tomato slices. Serve the remaining baby spinach leaves on the side drizzled with **olive oil**.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
roma tomato	1	2
egg*	1	2
beef mince	1 packet	2 packets
Dijon mustard	1 tub (1 tbs)	2 tubs (2 tbs)
honey*	1 tsp	2 tsp
fine breadcrumbs (use suggested amount)	½ packet (¼ cup)	1 packet (½ cup)
bake-at-home wholemeal burger buns	2	4
baby spinach leaves	1 bag	2 bags
garlic aioli	1 tub (2 tbs)	2 tubs (4 tbs)

\*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (520Cal)	517kJ (124Cal)
Protein (g)	33.8g	8.0g
Fat, total (g)	26.6g	6.3g
- saturated (g)	6.3g	1.5g
Carbohydrate (g)	35.2g	8.4g
- sugars (g)	7.1g	1.7g
Sodium (g)	811mg	193mg

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