



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!