



# Honey Mustard Beef Burgers

with Homemade Beetroot Relish & Chips

Grab your Meal Kit with this symbol



Potato



Brown Onion



Beetroot



Garlic



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Burger Buns



Tomato



Cos Lettuce



Garlic Aioli

Hands-on: 20-30 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 cos lettuce, then add an easy beetroot relish for a fun kick.

### 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
potato	3	6
brown onion	1 (medium)	1 (large)
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
egg*	1	2
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
honey*	1 tsp	2 tsp
Dijon mustard	1 packet (15g)	2 packets (30g)
salt*	¼ tsp	½ tsp
burger buns	2	4
tomato	1	2
cos lettuce	½ head	1 head
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3770kJ (900Cal)	515kJ (123Cal)
Protein (g)	46.7g	6.4g
Fat, total (g)	32.5g	4.4g
- saturated (g)	9.0g	1.2g
Carbohydrate (g)	97.1g	13.3g
- sugars (g)	25.3g	3.5g
Sodium (mg)	1170mg	159mg

### Allergens

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



## 1. Bake the chips

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **20-25 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time!



## 4. Cook the patties

Wipe out the pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef patties** and cook, flipping occasionally, until just cooked through, **8-10 minutes**.

**TIP:** The patties will char a little, this adds to the flavour!



## 2. Make the beetroot relish

While the chips are baking, thinly slice the **brown onion**. Grate the **beetroot** (unpeeled). In a large frying pan, heat a **good drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook 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 a **pinch** of **salt** and **pepper** and transfer to a bowl.



## 5. Heat the burger buns

While the beef patties are cooking, place the **burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**. While the buns are heating, thinly slice the **tomato** into rounds. Roughly shred the **cos lettuce** (see **ingredients list**).



## 3. Make the patties

While the relish is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **egg**, **garlic**, **beef mince**, **fine breadcrumbs**, **honey**, **Dijon mustard**, the **salt** and a **pinch** of **pepper**. Shape the **beef mixture** into evenly sized patties a bit larger than your burger buns. You should get 1 patty per person.

**TIP:** Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.



## 6. Serve up

Cut the burger buns in half. Spread the base of the buns with **garlic aioli** and top with beetroot relish, a beef patty, some tomato and cos lettuce. Serve with the chips.

**TIP:** Keep any remaining beetroot relish in the fridge for up to 1 week!

Enjoy!