DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Beetroot

Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.

Outback Beef Burgers
with Beetroot

Grass-fed beef burgers cooked with smoked paprika and topped with melty cheddar cheese! All served in a soft burger bun from Abhi's bakery with pickled beetroot and fresh salad fillings.

🕐 20 minutes 🍴 4 servings 🥩 Beef

17 March 2023

Make a burger sauce!

To make a classic burger sauce, combine equal parts of tomato sauce, mustard and mayonnaise! If you have some pickles you can finely chop them and stir through.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	14g	40g

FROM YOUR BOX

TINNED BEETROOT SLICES	225g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
TOMATOES	2
CARROT	1
BURGER BUNS	4-pack
BEEF HAMBURGERS	4-pack
SLICED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, vinegar (of choice), sugar (of choice)

KEY UTENSILS

large frypan

NOTES

You can add tomato sauce, mustard or pickles to your burgers if you have any!

No gluten option - burger buns are replaced with GF burger buns.

1. PICKLE THE BEETROOT

Combine **2 tbsp vinegar, 1 tsp sugar** and **1/4 tsp salt** in a glass or ceramic bowl. Drain and add beetroot, toss to combine well. Set aside.

2. PREPARE THE FILLINGS

Tear lettuce leaves. Slice cucumber and tomatoes. Grate carrot.

3. WARM THE BUNS

Heat a frypan over medium-high heat. Cut buns in half and toast for 1 minute each side (in batches). Set aside.

4. COOK THE HAMBURGERS

Coat beef patties with **1 tsp paprika, oil, salt and pepper**. Cook for 4 minutes on one side.

5. MELT THE CHEESE

Flip the patties and lay 1-2 slices of cheese on top of each patty. Cook for a further 4 minutes until cheese is melted and patty is cooked through.

6. FINISH AND SERVE

Assemble burgers with beef patty, salad fillings and pickled beetroot to taste. Serve with tomato or BBQ sauce if preferred.