



**Product Spotlight:
Beetroot**

Be careful when preparing beetroots and ask the kids to wear an apron if they are helping out in the kitchen as the pink colour can stain your clothes.



Aussie Beef Burgers

Beef burger patties served in a fresh bun with smashed avocado, tomato chutney, fresh salad ingredients and pickled beetroot.

25 minutes 2 servings Beef

Switch it up!

You can add any of your favourite fillings to this burger – cheese, caramelised onions or a fried egg!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	36g	43g

FROM YOUR BOX

TINNED SLICED BEETROOT	225g
TOMATO	1
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
AVOCADO	1
BEEF BURGER PATTIES	2-pack
BURGER BUNS	2-pack
TOMATO CHUTNEY	2 small jars

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sugar (of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

It's best to not use a metallic bowl when pickling the beetroot as it can react with the acid from the vinegar.

Serve with a side of potato or sweet potato wedges if you like!

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



1. PICKLE THE BEETROOT

Set oven to 180°C (for the bread rolls).

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



2. PREPARE FRESH VEGGIES

Slice **tomato** and **cucumber**. Rinse and tear (or shred) **lettuce leaves**. Arrange on a plate.

Mash **avocado** with **1/2 tbsp olive oil** using a fork. Season with **salt and pepper**.



3. COOK THE BURGERS

Heat a frypan with **oil** over medium-high heat. Add **burger patties** and cook for 3-4 minutes on each side or until cooked through.



4. WARM THE BUNS

Halve **buns** and warm in the oven or in a dry frypan (optional).



5. FINISH AND SERVE

Assemble burgers at the table with beef patties, **chutney**, mashed avocado, salad and beetroot.



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