




### 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. Served with a side of wedges.

 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
	40g	44g	64g

## FROM YOUR BOX

MEDIUM POTATOES	3
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	1 jar

## FROM YOUR PANTRY

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

## KEY UTENSILS

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.

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



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### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut **potatoes** into wedges and toss with **oil, salt and pepper** on a lined oven tray. Roast for 25 minutes or until golden and tender.



### 2. PICKLE THE BEETROOT

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.



### 3. 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**.



### 4. 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.



### 5. 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**. Side with a side of **wedges**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

