



### 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.



## Glazed Beef Burgers

Tomato glazed beef burger patties served in a fresh bun with smashed avocado, 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! Cook the burgers on the BBQ if preferred and keep the relish as a dollop at the end.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	33g	55g

## FROM YOUR BOX

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

## 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.

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



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### 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 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 2 minutes on each side. See step 4.



### 4. ADD THE RELISH

Add 1/4 cup relish to pan and turn burger patties to coat. Cook for further 2-3 minutes. Take off heat.



### 5. WARM THE BUNS

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



### 6. FINISH AND SERVE

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

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