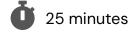






Aussie Beef Burgers

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





4 servings



Switch it up!

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

FROM YOUR BOX

TINNED SLICED BEETROOT	225g
TOMATOES	2
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
AVOCADO	1
BEEF BURGER PATTIES	4-pack
BURGER BUNS	4-pack
TOMATO CHUTNEY	3 small jars

FROM YOUR PANTRY

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

KEY UTENSILS

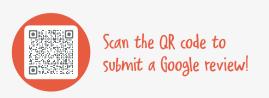
large frypan, oven tray

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 **tomatoes** 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).



6. FINISH AND SERVE

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





