



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



4 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
	29g	25g	40g

FROM YOUR BOX

TINNED SLICED BEETROOT	225g
TOMATOES	2
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
AVOCADO	1
BEEF BURGER PATTIES	4-pack
TOMATO RELISH	1 jar
BURGER BUNS	4-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.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

