



### Product Spotlight: Beetroot

Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.



## Outback Beef Burgers with Beetroot

Luscious beef burgers cooked with smoked paprika and topped with melty cheddar cheese! All served in a soft burger bun from Abhi's bakery with pickled beetroot and fresh salad fillings.



20 minutes



4/6 servings



Beef

## Make a burger sauce!

*To make a classic burger sauce, combine equal parts of tomato sauce, mustard and mayonnaise! If you have some pickles you can finely chop them and stir through.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	72g	75g	65g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SLICED BEETROOT	1 packet	1 packet
BABY COS LETTUCE	1	1
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
CARROT	1	2
BURGER BUNS	4	6
BEEF HAMBURGERS	4 pk	4 pk + 2 pk
SLICED CHEDDAR CHEESE	1 packet	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, vinegar (of choice), sugar (of choice)

## KEY UTENSILS

large frypan

## NOTES

You can add tomato sauce, mustard or pickles to your burgers if you have any!

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



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### 1. PICKLE THE BEETROOT

Combine **3 tbsp vinegar**, **1 1/2 tsp sugar** and **1/4 tsp salt** in a glass or ceramic bowl. Drain and add **beetroot**. Toss to combine well. Set aside.



### 2. PREPARE THE FILLINGS

Tear **lettuce leaves**. Slice **cucumber** and **tomatoes**. Grate **carrot**.



### 3. WARM THE BUNS

Heat a frypan over medium-high heat. Cut **buns** in half and toast for 1 minute each side. Set aside.



### 4. COOK THE BURGERS

Coat **beef patties** with **1 tsp paprika**, **oil**, **salt** and **pepper**. Cook for 4 minutes on one side.

**6P** – coat **beef patties** with **1 1/2 tsp paprika**, **oil**, **salt** and **pepper**.



### 5. MELT THE CHEESE

Flip the patties and lay **1-2 slices of cheese** on top of each patty. Cook for a further 4 minutes until cheese is melted and patty is cooked through.



### 6. FINISH AND SERVE

Assemble **burgers** with **patty**, **salad fillings** and **pickled beetroot** to taste. Serve with tomato or BBQ sauce if preferred.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

