



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dutch Carrots

Carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



3 Family Burgers with Homemade Relish

Who doesn't love burger night with the family! Wholemeal bread rolls with beef patties, roast beetroot, baby spinach and homemade onion relish.

 30 minutes

 4 servings

 Beef

25 June 2021

Short on time?

Use a pre-made relish of choice. Grate the beetroot and serve baby carrots fresh on the side. Slice tomatoes and add into the burgers!

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOTS	2
GARLIC CLOVE	1
BROWN ONION	1
TOMATOES	3
BEEF PATTIES	4-pack
FETA CHEESE	1/2 tub *
WHOLEMEAL BREAD ROLLS	4-pack
BABY SPINACH	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt, pepper, white or red wine vinegar, sugar (of choice, or honey), ground paprika, soy sauce

KEY UTENSILS

oven tray, saucepan, grill or frypan

NOTES

No beef option - beef hamburger patties are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - bread is replaced with GF bread.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim carrots and slice beetroots. Arrange on a lined oven tray and toss with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



2. MAKE THE RELISH

Heat a small saucepan with **2 tbsp oil**. Crush garlic, dice onion and tomatoes, add to the pan and cook for 3 minutes. Stir in **2 tbsp vinegar, 2 tbsp sugar, 1 tbsp soy sauce, 2 tsp paprika** and season with **pepper**. Simmer for 20 minutes.



3. GRILL THE PATTIES

Heat a large grill or frypan over medium-high heat. Coat burgers with **oil** and season with **salt and pepper**. Cook in the pan for 3 minutes, see step 4.



4. ADD THE CHEESE

Turn the patties and top with crumbled feta cheese. Cook for a further 3 minutes or until just cooked through.



5. WARM THE ROLLS

Slice rolls open and warm in the oven for 2-3 minutes.

Adjust the seasoning of the relish if needed.



6. FINISH AND PLATE

Arrange beef patties in rolls with baby spinach, roast beetroot and homemade relish. Serve with baby carrots and any other favourite sauce of choice, if you wish.

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**

