



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Beetroot


The purple colour of beetroot comes from betalain pigments, which are potent antioxidants that protect your body from damage caused by free radicals. In other words? Eat lots of colours for optimal health!



1 Hamburgers with Bread & Butter Pickles

Delish beef burgers in freshly baked milk buns from Abhi's Bread assembled with beetroot, tomato relish and pickles made to order from our local favourite Little Farm Provedore.

 20 minutes

 4 servings

 Beef

6 July 2020

Add a side!

Add some potato or sweet potato wedges on the side, alternatively a simple coleslaw to stretch the dish!

FROM YOUR BOX

SLICED BEETROOT	225g
BEEF HAMBURGER PATTIES	4-pack
TOMATOES	2
PICKLES	1 jar
ROCKET & SPINACH LEAVES	1 bag (60g)
MILK BURGER BUNS	4-pack
TOMATO RELISH	1/3 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

Use a glass or ceramic bowl when dressing the beetroot – avoid metal based bowls as they may react with the vinegar (acid) and salt.

Cook burgers on the barbecue if weather permits!

No beef option – beef burger patties are replaced with chicken schnitzels. Increase cooking time to ensure chicken is cooked through.

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



1. DRESS THE BEETROOT

Set oven to 200°C (optional, see step 4).

Combine **2 tbsp vinegar**, **1 tsp sugar** and a **pinch of salt** in a bowl (see notes). Drain and add beetroot, combine well and set aside.



2. COOK THE BURGER PATTIES

Heat a frypan over medium-high heat. Season burger patties with **salt and pepper**, rub with **oil**. Add to heated pan (see notes) and cook for 2-3 minutes on each side.



3. PREPARE THE SALAD

Slice tomatoes and arrange on a serving plate with pickles and leaves.



4. WARM THE BURGER BUNS

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



5. FINISH AND SERVE

Construct burgers with patties, relish, salad ingredients 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**

