



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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.



1 Aussie Beef Burgers

Tomato glazed beef burgers in a fresh milk bun with smashed avocado and pickled beetroot.

 20 minutes

 4 servings



 Beef

1 October 2021

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.

FROM YOUR BOX

TINNED SLICED BEETROOT	225g
TOMATOES	2
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
AVOCADOS	2
BEEF BURGER PATTIES 	4-pack
TOMATO RELISH	1/2 jar *
MILK BUNS	4-pack
 ADZUKI BEAN BURGERS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS


large frypan

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 beef option - beef burger patties are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - milk buns are replaced with GF bread rolls.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



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 lettuce leaves. Arrange on a plate.

Mash avocados with 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.

 **VEG OPTION - Cook as above for 2-3 minutes on each side or until warmed through (they may become dry if heated for too long so keep an eye on them!)**



4. ADD THE RELISH

Add 1/2 jar relish to pan and turn burger patties to coat. Cook for further 2-3 minutes. Take off heat.

 **VEG OPTION - Skip this step.**




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.

 **VEG OPTION - Assemble burgers at the table with adzuki patties, mashed avocado, salad, relish 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**

