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Beef and Vegetable Burgers

with Rustic Chips



30-40min



4 Portions

The kids won't even know that these burgers are filled with vegetable goodness, they will gobble them down! The burgers are simple and cook quickly, leaving you more time to enjoy your evening with the kids.

What we send

- aioli ^{3,7}
- parsley, 2 garlic cloves
- tomato
- sourdough roll ¹
- grass-fed beef mince
- panko breadcrumbs ¹
- carrot
- zucchini
- desiree potato

What you'll require

- egg ³
- olive oil
- salt
- wholegrain mustard ¹⁷

Utensils

- baking paper
- clean tea towel
- grater
- large frypan
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you have time, chill burgers for 15 mins before cooking.

Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 780.0kcal, Fat 29.3g, Proteins 49.8g, Carbs 74.9g



1. Roast potatoes

Preheat oven to 200C. Line an oven tray with baking paper. Wash the **potatoes** and cut into 1cm wide chips. Place chips on tray, drizzle with 1 tbs **oil**, sprinkle with 1 tsp **salt** and toss to coat. Arrange in a single layer and cook for 25-30 mins, turning halfway through, until light golden.



4. Shape patties

Combine **mixture** thoroughly then form into 4 or 6 large patties 2-3cm thick (see cooking tip).



2. Prepare ingredients

Meanwhile, finely chop the **garlic**. Finely chop the **parsley** stalks and leaves.



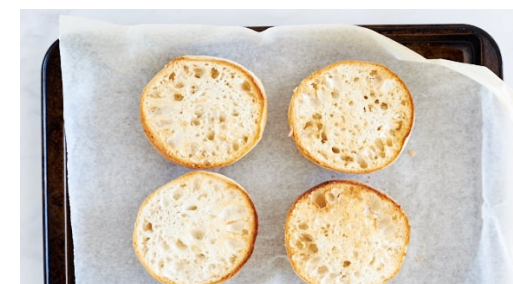
5. Cook patties

Heat 1 tbs **oil** in a large frypan over medium heat and cook **patties** for 4-5 mins each side. Transfer to a second lined oven tray and bake for 5-10 mins until cooked through.



3. Prepare mince

Finely grate the **zucchini** and **carrots**. Using a clean tea towel, squeeze out excess moisture. Place in a large bowl. Add the **garlic**, **parsley**, **panko breadcrumbs**, 1 **egg**, 2 tsp **wholegrain mustard** and **beef mince**.



6. Get ready to serve

Meanwhile, cut each **bread roll** in half horizontally and place on an oven tray. Place in the oven for 3-4 mins to warm through. Thinly slice the **tomatoes**. Spread cut sides of **bread** with **aioli** and top bread with a **pattie** and a slice of **tomato**. Serve as open or regular burgers with the **chips**.