

MARLEY SPOON



**UNDER
30 MINS**

Caribbean Beef Burgers

with Mango



20-30min



2 Portions

Sail across the Pacific Ocean in under 25 minutes with these flavourful tropical beef burgers. The mango and coriander salsa adds a tropical twist reminiscent of the Caribbean sun, while the creamy lime mayonnaise adds decadence. Yeah man!

What we send

- Jamaican seasoning
- burger bun ^{1,7}
- mixed leaves
- coriander
- mayonnaise ³
- lime
- mango
- panko breadcrumbs ¹
- grass-fed beef mince
- red onion

What you'll require

- mustard ¹⁷
- olive oil
- salt and pepper

Utensils

- large frypan
- pastry brush

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Any remaining red onion can be kept in an airtight container in the fridge for up to 1 day.

Allergens

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

Nutrition per serving

Energy 740.0kcal, Fat 27.0g, Proteins 37.7g, Carbs 107.2g



1. Make patty mix

Preheat oven to 200C. Finely chop the **onion**. Place half of the onion, 2 tsp **Jamaican seasoning, mince, breadcrumbs**, 1 tsp **mustard** and a little **sea salt and pepper** in a bowl and work together until well combined.



4. Season mayonnaise

Combine the **mayonnaise** and **zest** in a small bowl.



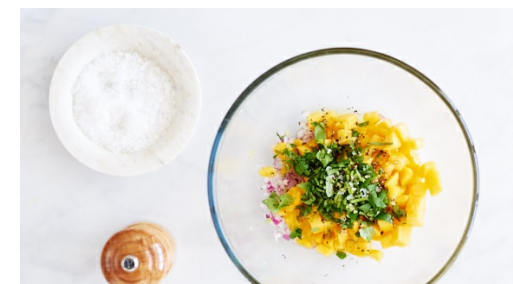
2. Shape patties

Divide in half and shape into 2 large **patties** (make them slightly wider than bun as they tend to shrink when cooking). Chill until required.



5. Cook patties

Heat a large ovenproof frypan over high heat. Brush the **patties** with a little **oil** and cook for 3 mins each side or until light golden. Finish cooking in the oven for 6-8 mins until cooked to your liking. Rest for 3 mins. Switch oven to grill.



3. Make salsa

Peel, stone and dice the **mango**. Coarsely chop the **coriander** leaves and stems. Zest the **lime**. Squeeze the juice into a large bowl. Add the mango, 1 tbs **onion**, coriander and some **sea salt and pepper** to the lime juice.



6. Toast buns

Cut the **buns** in half and toast lightly on both sides under the oven grill. Fill each bun with **mixed leaves, patties, lime mayonnaise** and the **salsa**.