

# MARLEY SPOON



## Smoky BBQ Beef Burger

with Mango, Tomato and Aioli



20-30min



2 Portions

Smoky, spicy, sweet, juicy and crunchy, this summer burger has 'yum' written all over it. While the chargrill pan does give great flavour, you lose nothing by using a regular frypan, if that's easier. The rest of the dish is really about slicing fresh ingredients, then layering them in a toasted milk bun and slicking the whole thing with aioli.

## What we send

- 17
- 1,3,6,7
- 3

## What you'll require

- olive oil spray

## Utensils

- foil
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 725kcal, Fat 36.7g, Carbs 51.8g, Proteins 44.4g



### 1. Make patties

Heat the oven grill to high. Line an oven tray with foil. Put the **beef mince** and **BBQ seasoning** in a large bowl, then using your hands, mix until well combined. Divide into 2 equal portions and shape into flat patties, slightly wider than the base of a bun.



### 4. Cook patties

Cook the **patties** for 4-5 mins each side until golden and cooked through.



### 2. Prepare ingredients

Peel **half the mango**, cut off the cheeks, then thinly slice widthwise. Cut **half the onion** into rings (the remaining mango and onion won't be used in this dish). Thinly slice the **tomato**.



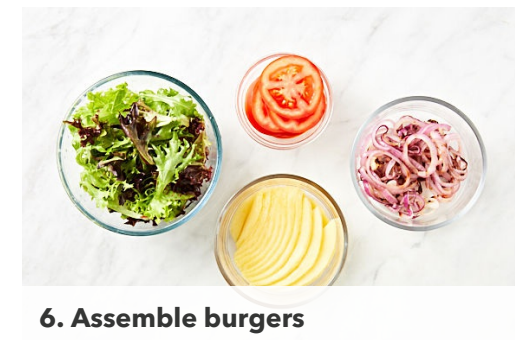
### 5. Toast buns

Meanwhile, halve the **buns**. Put on the lined tray cut side up, then grill for 1 min or until lightly toasted.



### 3. Chargrill onions

Heat a chargrill pan over medium-high heat. Spray the **onion** and **patties** lightly with **olive oil spray**. Cook the onion, turning often, for 4 mins or until golden and softened. Transfer to a small bowl, reserving the pan.



### 6. Assemble burgers

Divide **half the mixed leaves**, the **mango**, **tomato**, **onion** and **patties** among the **bun bases**. Spoon over the **aioli**, then sandwich with the **bun tops**. Serve the **burgers** with the **remaining leaves**.