

MARLEY SPOON



Smoky BBQ Beef Burger

with Mango, Tomato and Aioli



20-30min



4 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
- 3
- 1,3,6,7

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 4 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 the **mango**, cut off the cheeks, then thinly slice widthwise. Cut the **onion** into rings. Thinly slice the **tomatoes**.



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**.