

DINNERLY



Aussie Burger Bowls with Beetroot and Croutons



20-30 minutes



2 Servings

Is it a burger? Is it a salad? It's both! Grab a fork and dig into mini BBQ beef patties, juicy beetroot, crisp lettuce and crunchy croutons in one delicious bowl.

WHAT WE SEND

- BBQ beef mince
- 2 sourdough baguettes ¹⁶
- beetroot
- 200g baby cos lettuce
- 1 tomato
- 1 red onion

WHAT YOU NEED

- olive oil
- sea salt and pepper
- sugar
- tomato sauce
- water
- white wine vinegar ¹⁷

TOOLS

- baking paper
- large deep frypan
- medium saucepan
- oven tray

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

COOKING TIP

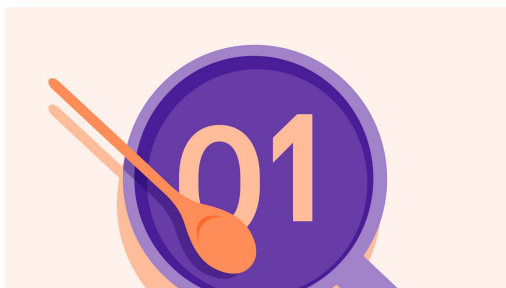
Sub in barbecue sauce if you don't have tomato sauce.

ALLERGENS

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

NUTRITION PER SERVING

Energy 895kcal, Fat 44.7g, Carbs 71.8g, Proteins 48.1g



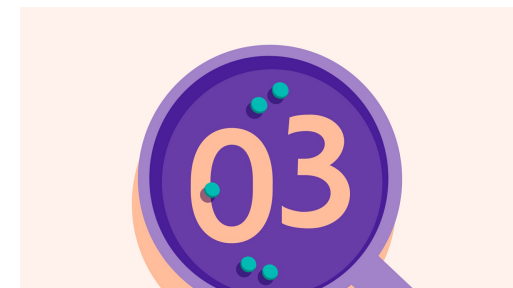
1. Prep veggies

Thinly slice **half the onion**. Cut the **tomato** into wedges. Peel and cut **half the beetroot** into thin wedges. Cut **half the lettuce** into wedges (the remaining onion, beetroot and lettuce won't be used in this dish). Tear or cut the **bread** into 3cm chunks. Line an oven tray with foil.



2. Pickle beetroot

Preheat the grill to high. Put **2 tbs white wine vinegar**, **1 tbs sugar** and **375ml (1½ cups) water** in a medium saucepan over low heat and stir to dissolve the sugar. Add the **beetroot**, bring to a simmer and cook for 16-18 mins until just tender. Remove the pan from the heat and set aside to pickle.



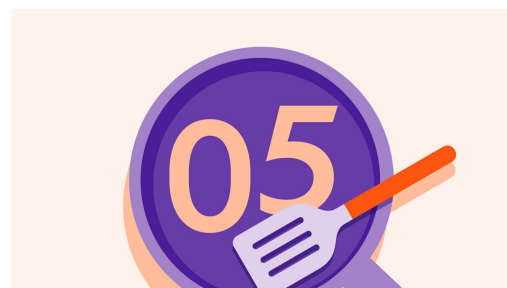
3. Make patties

Meanwhile, put the **beef mince** in a medium bowl. Using clean hands, combine well, then shape into 6 x mini patties. Combine **2 tbs mayonnaise**, **1 tbs tomato sauce** (see cooking tip) and **1 tsp water** in a small bowl.



4. Cook patties

Heat **2 tsp olive oil** in a large frypan over medium heat. Cook the **patties** for 2-3 mins each side until browned and cooked through. Remove from the pan. Meanwhile, put the **bread** on the lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Grill for 1-2 mins until golden and crispy.



5. Serve up

Drain the **beetroot**, discarding the pickling liquid. Divide the **lettuce**, **tomato**, **onion**, **pickled beetroot**, **patties** and **croutons** among bowls. Season with **salt and pepper**, drizzle with the **dressing** and enjoy.



6. Make it yours

Add a boiled, poached or fried egg, crispy bacon and some mature cheddar cheese for a burger bowl with all the toppings.