

# DINNERLY



## Aussie Burger Bowls with Beetroot and Croutons



20-30 minutes



4 Servings

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

## WHAT WE SEND

- 4 sourdough baguettes <sup>1,6</sup>
- beetroot
- 1 red onion
- 200g baby cos lettuce
- 2 tomatoes
- BBQ beef mince

## WHAT YOU NEED

- olive oil
- sea salt and pepper
- sugar
- tomato sauce
- water
- white wine vinegar <sup>17</sup>

## 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 875kcal, Fat 44.6g, Carbs 67.6g, Proteins 47.2g



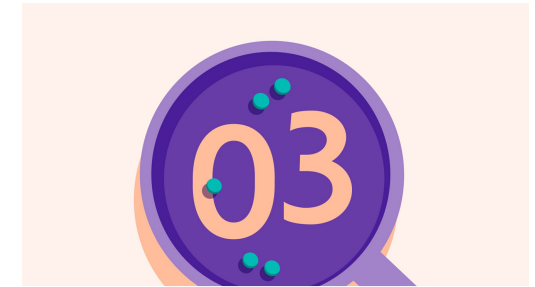
### 1. Prep veggies

Thinly slice the **onion**. Cut the **tomatoes** into wedges. Peel and cut the **beetroot** into thin wedges. Cut the **lettuce** into wedges. Tear or cut the **bread** into 3cm chunks. Line an oven tray with foil.



### 2. Pickle beetroot

Preheat the grill to high. Put **60ml (¼ cup) white wine vinegar, 2 tbs sugar** and **500ml (2 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.



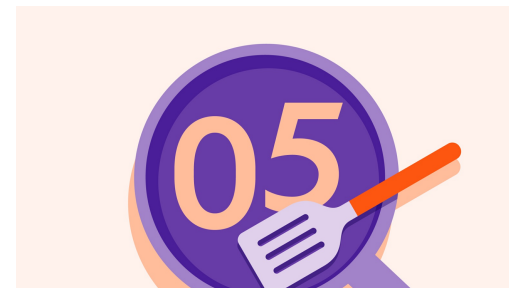
### 3. Make patties

Meanwhile, put the **beef mince** in a large bowl. Using clean hands, combine well, then shape into 12 x mini patties. Combine **80ml (⅓ cup) mayonnaise, 2 tbs tomato sauce** (see cooking tip) and **2 tsp water** in a small bowl.



### 4. Cook patties

Heat **1 tbs olive oil** in a large deep 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 **2 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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