

# MARLEY SPOON



## The Burger

From Three Veg and Meat Cookbook



40-50min



4 Portions

Marley Spoon's Culinary Director, Olivia Andrews new cookbook, Three Veg and Meat, shows how to flip the balance on your plate, to eat more veg and less meat. Everyone loves burgers and finally one we can eat with a clean conscience. Using half the amount of meat, this delicious burger patty recipe is protein packed, includes veg and delivers amazing juicy flavour. And the best part, you're get...

## What we send

- 15
- 3
- 7
- 1,3,6,7
- 4 sweet potatoes

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil
- sea salt and pepper
- sugar
- worcestershire sauce <sup>4</sup>

## Utensils

- baking paper
- box grater
- large frypan
- oven tray
- small saucepan

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

## Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 1020kcal, Fat 50.4g, Carbs 92.2g, Proteins 38.3g



### 1. Prepare fries

**Read through the recipe.** Heat oven to 220C. Line 2 oven trays with baking paper. Halve **onion**. Very thinly slice half, then finely chop the other half. Combine the **sliced onion** and **aioli** in a bowl. Scrub the **sweet potatoes**, then cut into fries. Peel the **carrot** and finely grate, then squeeze out any liquid. Crush the **garlic**.



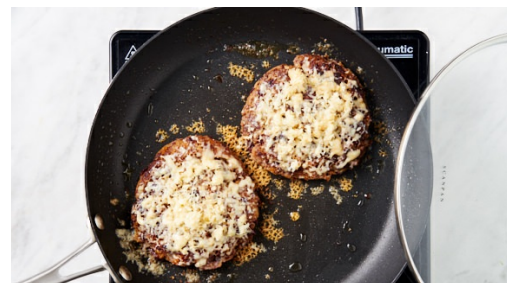
### 4. Shape patties

Add the **beef mince, walnuts, grated carrot, remaining garlic, 2 tsp Worcestershire sauce** and **½ tsp salt** to the **kidney bean mixture** and season with **pepper**. Using clean hands, combine well for 30 secs. Divide the **patty mixture** into 4 equal portions and shape into flat patties, slightly wider than the base of a bun.



### 2. Cook tomato relish

Combine **tomatoes, chopped onion, half the garlic, 2 tbs vinegar, 1 ½ tbs sugar** in a small saucepan and season well with **salt**. Bring to a simmer over medium heat. Reduce heat to medium-low and cook for 15 mins or until thickened. Arrange **fries** on lined trays, drizzle with **1 tbs olive oil**, season with **salt** and toss to coat. Roast for 12-15 mins until tender.



### 5. Cook burger patties

Coarsely grate **half of the cheese\*\***. Heat **1 ½ tbs olive oil** in a large frypan over medium heat. Cook the **patties** for 3 mins on one side. Turn the patties over and top each with the **cheese**. Cover and cook for 2 mins, then cook, uncovered, for a further 2 mins or until the cheese has melted and the patties are cooked through.



### 3. Prepare patty ingredients

Meanwhile, drain the **kidney beans**, without rinsing (the residual aquafaba will help the patties adhere). Put into a large bowl and coarsely mash with a fork. Finely chop the **walnuts**.



### 6. Get ready to serve

Meanwhile, halve the **buns** through the middle and put on an oven tray. Put into the oven, on lowest shelf, for 5 mins or until heated through. Spread the **aioli** on the **bun bases**. Top with the **patties, relish** and **salad leaves**, then sandwich with **bun lids**. Serve with the **fries** and **any remaining tomato relish** and **salad leaves** on the side.