



Moroccan Inspired Beef Burgers

with Potato Wedges and Red Onion Relish



HELLO BALSAMIC VINEGAR

This condiment's name comes from the word 'balsam' meaning 'health-giving'. A tiny amount makes a good digestif!



Red Onion



Potato



Balsamic Vinegar



Beef Mince



Ras-el-Hanout



Brioche Bun



Greek Yoghurt



Baby Spinach

30 mins

eat within 2 days

1 of your 5 a day

Family Box

Little Heat

This recipe was inspired by Head Chef Patrick's trip to Morocco. After spending some time in the mountains with the nomadic Berber tribes, he returned to Marrakech and treated himself to lunch at the beautiful Ksar Char-Bagh hotel. Their spin on a beef burger left a lasting impression so we've recreated it here for you. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Small Saucepan** (with a **Lid**), **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 COOK THE WEDGES

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion** into half moons. Chop the **potato** into wedges the thickness of your thumb (no need to peel). Lay on a baking tray and drizzle over a little **oil**. Season with **salt** and **black pepper** and toss to coat. Pop on the top shelf of your oven and cook until golden brown outside and soft inside, 30-35 mins. Give the baking tray a good shake halfway through cooking.



2 MAKE THE RELISH

Put a splash of **olive oil** in a small saucepan on low heat. Add the **onion** and season with **salt** and **black pepper**. Add the **balsamic vinegar** and place a lid on the pan. Cook gently for 20 mins, stirring once in a while.



3 MAKE THE BURGERS

Put the **beef mince** in a mixing bowl. Add the **ras-el-hanout** and a pinch of **salt**. **★ TIP:** *The ras-el-hanout is pretty spicy. Add less if you don't like it hot!* Form the **beef** into equal-sized burger patties (two each). **★ TIP:** *Don't press the meat together too firmly, as this will make the texture of your burger tough.*



4 FRY THE BURGERS

Put a splash of **oil** in a non-stick frying pan on medium heat. Once hot, gently lay in the **burgers**. Cook for 5-6 mins. Turn and cook the other side for 5-6 mins. **★ TIP:** *If you want to cook the burgers a little more in the middle, you can place them in your oven for a few mins after frying.*



5 WARM THE BUNS

When the wedges are 5 mins from being ready, lay the **brioche buns** on top of them to warm through. When warm, split open and pop in the **burgers**.



6 FINISH AND SERVE

Serve your **burgers** with a spoonful of **red onion relish** and a dollop of **Greek yoghurt**. Arrange some **potato wedges** and a handful of **spinach leaves** on the side. **Enjoy!**

4 PEOPLE INGREDIENTS

Red Onion, sliced	3
Potato, chopped	2 packs
Balsamic Vinegar ¹²⁾	1½ tbsps
Beef Mince	500g
Ras-el-Hanout	1½ tsp
Brioche Bun ^{1) 3) 6) 7)}	4
Greek Yoghurt ⁷⁾	1 pot
Baby Spinach	1 bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	741	125
(kJ)	3115	527
Fat (g)	19	3
Sat. Fat (g)	13	2
Carbohydrate (g)	85	14
Sugars (g)	15	3
Protein (g)	39	7
Salt (g)	1.17	0.20

ALLERGENS

1)Gluten 3)Egg 6)Soya 7)Milk 12)Sulphites

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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