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Beef and Chorizo Burgers with Red Onion Marmalade

Mention the word pilgrimage and most people will think of Mecca, Graceland and far-flung monasteries. For our chef Patrick it's all about the burger. For years he has wandered the world in search of the perfect recipe and though he has not reached his culinary nirvana just yet, he's getting close. Combining the best quality mince with spicy chorizo, the trick to this burger is not to pack the meat too tightly.

 30 mins

 family box



Red Onion (2)



Chorizo (1 pack)



Balsamic Vinegar
(2 tbsp)



Beef Mince
(500g)



Dried Oregano
(1 tbsp)



Tomato Ketchup
(4 tsp)



Baby Gem Lettuce (2)



Avocado (2)




Seville Orange & Honey
Dressing (3 tbsp)



Brioche Bun
(4)

4 PEOPLE INGREDIENTS

- Red Onion, sliced **2**
- Chorizo **1 pack**
- Balsamic Vinegar **2 tbsp**
- Beef Mince **500g**
- Dried Oregano **1 tbsp**
- Tomato Ketchup **4 tsp**
- Baby Gem Lettuce, shredded **2**
- Avocado, chopped **2**
- Seville Orange & Honey Dressing **3 tbsp**
- Brioche Bun **4**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

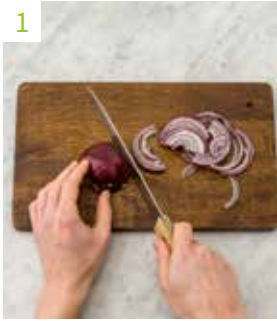
Also known as 'butter fruit' avocados are packed with healthy omega-3 fat!

Allergens: Sulphites, Celery, Milk, Egg, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	1123 kcal / 4702 kJ	60 g	17 g	77 g	25 g	75 g	3 g

1



1 Peel and cut the **red onion** in half through the root and then slice it into very thin, half moon shapes. Chop the **chorizo** into smaller pieces.

2



2 To make the marmalade, heat a splash of **olive oil** on low heat in a non-stick frying pan. Add in your **red onion** with a pinch of **salt** and **black pepper**. After 10 mins add the **balsamic vinegar**. Leave it to cook slowly whilst you make the burgers. Turn your grill to its highest setting.

5



3 For the burgers, mix together the **beef mince** with a pinch of **salt**, the **oregano**, the chopped **chorizo** and the **ketchup**. **Tip:** *If you have some flour at home, you can add a sprinkle to the mix to help bind the burger.* Work the **burger mixture** thoroughly with your hands for a few mins.

7



4 Divide your **mixture** into equal portions and gently press each one into a burger shape (making one per person). **Tip:** *Try not to compact the meat too much.* Rub a light coating of **olive oil** on each **burger** before transferring them to a baking tray. Grill them on the top shelf nearest the grill for 4 mins on each side.

5 Shred the **baby gem lettuce**. To prepare the **avocado**, cut around the stone lengthways through the skin and flesh. Twist the cut halves of the **avocado** to separate. Lightly tap the knife into the stone to get a hold of it and twist the knife to remove it. Carefully cut a grid pattern in the **avocado** flesh without cutting through the skin (or your hand!) and use a spoon to scoop it out into a bowl.

6 In another bowl, mix together your **baby gem lettuce**, **avocado** and the **dressing**.

7 Cut each **brioche bun** through the middle so that you have your burger 'baps'. Put these under your grill for about 1 minute on each side to lightly toast them but watch them carefully!

8 Place your **burgers**, topped with your **red onion** marmalade, into your buns and serve with salad on the side. Food of the gods!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!