







More Than Food
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Ksar Char-Bagh Moroccan Beef Burgers

"What's this Ksar Char-Bagh?" we hear you ask?! Head Chef Patrick recently did a recipe reconnaissance mission to Morocco and after spending some time in the mountains with the nomadic Berber tribes, he decided to treat himself to lunch at the beautiful Ksar Char-Bagh hotel in Marrakech. Their Moroccan spin on a beef burger left a lasting impression! Check out his Moroccan video diary on our blog.

 30 mins

 1 of your 5 a day

 super spicy

 eat within 4 days

 mealkit



Beef Mince
(250g)



Red Onion
(2)



Potato
(1)



Balsamic Vinegar
($\frac{3}{4}$ tbsp)



Harissa Spice Mix
($\frac{3}{4}$ tsp)



Brioche Bun
(2)




Greek Yoghurt
($\frac{1}{2}$ pot)



Baby Leaf Mix
($\frac{1}{2}$ bag)

2 PEOPLE INGREDIENTS

- Beef Mince **250g**
- Red Onion, sliced **2**
- Potato, chopped **1**
- Balsamic Vinegar **¾ tbsp**
- Harissa Spice Mix **¾ tsp**
- Brioche Bun **2**
- Greek Yoghurt **½ pot**
- Baby Leaf Mix **½ bag**

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

Did you know...

Harissa is a spice found in typical North African cuisine. It is usually made up of chillies, coriander, cumin and caraway.

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	660 kcal / 2781 kJ	24 g	7 g	78 g	9 g	40 g	1 g
Per 100g	152 kcal / 639 kJ	6 g	2 g	18 g	2 g	9 g	0 g



1 Preheat your oven to 200 degrees. Take the **beef mince** out of your fridge 30 mins before cooking, if possible. Cut the **red onion** in half lengthways through the root, then peel and slice widthways very thinly into half moon shapes.

2 Wash the **potato** but don't peel it. Chop your **potato** lengthways into wedges the thickness of a thumb (if you had chunky boxer's thumbs). Toss your wedges in a splash of **oil**, lay them out in one layer, spaced apart on a baking tray. Sprinkle over a good pinch of **salt** and a good grind of **pepper** and cook on the top shelf of your oven for 25 mins, until soft inside and brown on the outside.



3 To make the **red onion marmalade** heat a splash of **olive oil** in a saucepan on low heat and add your **onion** with a pinch of **salt** and **pepper**. Add the **balsamic vinegar**, place a lid on the pan and cook gently for 20 mins, stirring once in a while.

4 Mix your **beef mince** in a bowl with the **harissa spice mix** and a pinch of **salt**. Form your **beef mixture** into burgers (one per person). **Tip:** *Don't press the meat together too firmly, as this will make the texture of your burger tough.*



5 Heat a splash of oil in a non-stick frying pan on medium heat and once hot, gently lay in your **burgers**. Cook for around 6-7 mins on each side turning them only once. If you want to cook your burgers a little more in the middle, you can place them in your oven for a few mins after frying. **Tip:** *The burgers are cooked when they are no longer pink in the middle.*

6 While your burgers cook, preheat your grill to high and slice the **brioche buns** in half. Place the **buns** under your grill for a couple of mins on each side until they are toasted, then remove. **Tip:** *Watch out they don't burn!*



7 Serve your **burgers** in the **buns** with a spoonful of your **red onion marmalade**, a dollop of **Greek yoghurt** and the **baby leaf mix** (we left our leaves undressed to balance against the richness of the burger). Serve with your **potato wedges** on the side.

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