



Moroccan 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

1.5 of your 5 a day

Very Hot

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 re-created it here for you. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Baking Tray**, **Large Saucepan** (with a **Lid**), **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 COOK THE WEDGES

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 the wedges 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. 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

Heat a splash of **olive oil** in a large 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

Heat 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:** The burgers are cooked when they are no longer pink in the middle.



5 WARM THE BUNS

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



6 FINISH AND SERVE

Serve your **Moroccan beef 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 tbsp
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)	695	109
(kJ)	2933	460
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	92	14
Sugars (g)	17	3
Protein (g)	42	7
Salt (g)	1.11	0.17

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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