PRODUCT SPOTLIGHT: BEETROOT

The purple colour of beetroot comes from betalain pigments, which are potent antioxidants that protect your body from damage caused by free radicals. In other words? Eat lots of colours for optimal health!

2. AUSSIE HAMBURGER

Aussie Aussie Aussie — oi oi oi! Barbie season may be over, but that doesn't mean we can't enjoy an Aussie hamburger like this one, featuring caramelised onion and beetroot.

25 Minutes   **2 Servings**

18 May 2020

FROM YOUR BOX

BROWN ONION	1
PRE-COOKED BEETROOT	1 packet
TOMATO	1
FESTIVAL LETTUCE	1/2 *
BEEF HAMBURGER PATTIES	4-pack
SLICED CHEDDAR CHEESE	4 slices *
HAMBURGER BUNS	4-pack

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, balsamic vinegar, sugar (of choice), seeded mustard (or dijon)

KEY UTENSILS

frypan, glass or ceramic bowl (avoid zinc/copper/iron bowls for pickling as they may react with acid and salt)

NOTES

Leave beetroot plain if preferred.

Cook burgers on the barbecue if you like!

Add some mayonnaise or other favourite sauce to your burger as well if desired.

No beef option - beef hamburger patties are replaced with chicken burgers. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - hamburger buns are replaced with GF rolls.

1. CARAMELISE THE ONION

Set oven to grill for step 5 (optional).
Heat a frypan with **1 tbsp oil/butter** over medium-high heat. Slice onion and add to pan as you go with **1 tsp mustard and 1 tbsp vinegar**. Cook for 8-10 minutes until brown, sticky and sweet. Remove from pan. Reserve pan for step 4.

2. PICKLE THE BEETROOT

Mix together **1 1/2 tbsp vinegar, 1 tsp sugar and 1/2 tsp salt** in a glass or ceramic bowl (see notes). Slice beetroot and add to pickling liquid. Stir and keep aside.

3. PREPARE THE SALAD INGREDIENTS

Slice tomato. Rinse and separate lettuce leaves. Arrange on a plate.

4. COOK THE BURGERS

Season burger patties with **salt and pepper**. Add to heated pan (see notes) and cook for 2 minutes on one side. Turn and place a slice of cheese on top of each. Cook for further 2 minutes or until cooked through.

5. TOAST THE BUNS (OPTIONAL)

Halve buns and toast under a grill until golden.

6. FINISH AND PLATE

Construct burgers with patties, onions beetroot and salad.