



Product Spotlight: Blue Cheese


The mould-growth on the inside of the cheese is achieved by piercing the cheese with long needles to create air passages that allow mould to grow; this is why you see blue veins throughout the cheese.



Grilled Stone Fruit Beef Burgers with Blue Cheese

If you crave a burger and a regular burger just won't do, look no further! Think a juicy beef patty, BBQ'd stone fruit, pickled beetroot, crumbled blue cheese and fresh rocket leaves; these burgers will hit the spot.

 25 minutes

 4 servings

 Beef

Bulk it up!

To bulk up this meal, serve with a side of roasted potato or sweet potato wedges. You can also BBQ capsicum and red onion, or slice avocado and tomato to add to the burgers.

Per serve: **PROTEIN** 51g **TOTAL FAT** 24g **CARBOHYDRATES** 34g

FROM YOUR BOX

BEETROOT	1
STONE FRUIT	2
BURGER BUNS	4-pack
BEEF HAMBURGERS	4-pack
BLUE CHEESE	1 packet
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, salt, vinegar of choice, sugar of choice

KEY UTENSILS

BBQ

NOTES

We used white wine vinegar and white sugar for pickling. White, red wine or apple cider vinegar, and brown, raw or coconut sugar would all work well.

Butter the buns or drizzle with oil before toasting.

Turn the blue cheese into blue cheese sauce! Mix crumbled cheese with mayonnaise, vinegar, rosemary, salt and pepper and spread onto burger buns.

No gluten option - burger buns are replaced with GF burger buns.



1. PICKLE THE BEETROOT

Add **3 tsp vinegar**, **1 tsp salt** and **2 tsp sugar** to a bowl, mix to combine. Grate beetroot and toss in pickling liquid.



2. GRILL THE STONE FRUIT

Heat a BBQ over medium-high heat with **oil**. Slice large pieces of stone fruit. Add to BBQ and cook for 1-2 minutes each side. Remove from BBQ.



3. TOAST THE BUNS

Cut burger buns in half. Toast in batches, cut side down on the BBQ for 1 minute (see notes).



4. GRILL THE BURGER PATTIES

Add burger patties to BBQ and cook for 3-5 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Assemble burgers at the table with crumbled blue cheese (see notes), beetroot, beef patties, stone fruit and rocket leaves.



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