






More than food

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## 'Ksar Char-Bargh' Moroccan Beefburgers with Red Onion Marmalade

What's this 'Ksar Char-Bargh' we hear you say?! 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-Bargh hotel in Marrakech. Their Moroccan spin on a beefburger left a lasting impression! Check out his Moroccan video diary on our blog.

 30 mins

 spicy



Beef Mince



Red Onion



Balsamic Vinegar



Potato



Rose Harissa Paste



Wholemeal Pita




Greek Yoghurt



Baby Spinach

## Ingredients

	2P	4P
Beef Mince	250g	500g
Red Onion, sliced	2	4
Balsamic Vinegar <b>1</b>	2 tsp	4 tsp
Potato, chopped	1	2
Rose Harissa Paste <b>2</b>	½ tbsp	1 tbsp
Wholemeal Pita <b>3</b>	2	4
Greek Yoghurt <b>4</b>	½ pot	1 pot
Baby Spinach	1 handful	2 handfuls

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites | **2)** Soya  
**3)** Gluten | **4)** Milk

**Nutrition per serving:** Calories: 768 kcal | Protein: 32 g | Carbs: 76 g | Fat: 32 g | Saturated Fat: 11 g



**2** Pre-heat the oven to 200 degrees. Take the mince out of the fridge 30 mins before cooking if possible. Peel and chop the onions in half lengthways through the root. Slice the onions widthways very thinly into half moons.



**2** Heat 1 tbsp of olive oil in a saucepan on low heat and add the onion with a pinch of salt and pepper. Add the balsamic vinegar, place a lid on the pan and gently cook for 20 mins, stirring once in a while.



**3** Wash the potato but don't peel it. Chop the potato lengthways into wedges the thickness of a thumb (if you had chunky boxer's thumbs). Toss the wedges in 1 tbsp of oil, lay them out in one layer spaced apart on a baking tray and cook on the top shelf of the oven for 15-20 mins (until soft inside and brown on the outside).



**4** Mix the beef mince in a bowl with the harissa paste and just under ¼ tsp of salt. Form the beef into two equal sized burger patties. **Tip:** Don't press the meat together too firmly as this will make the texture of the burger tough.

**5** Heat 1 tbsp of oil in a non-stick frying pan on medium heat and once hot gently lay in your burgers. Cook for around 4 mins on each side and turn them only once. If you want to cook the burgers a little more in the middle you can place them in the oven for a few mins after frying.

**6** If you want to sandwich the burgers between some pita bread, simply toast the pitas for a few mins then split them in half. If you want to go pita-free you can always freeze them for another meal.

**7** Serve the burgers with a spoonful of red onions, a spoonful of Greek yoghurt, the potato wedges and the spinach leaves (we left our leaves undressed to balance against the richness of the burger).

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