






More Than Food

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'Ksar Char-Bargh' Moroccan Beef Burgers 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 beef burger left a lasting impression! Check out his Moroccan video diary on our blog.

 30 mins

 spicy



Beef Mince (250g)



Red Onion (1½)



Potato (1)



Balsamic Vinegar (2 tsp)



Rose Harissa Paste (1 tbsp)



Wholemeal Pita (2)



Greek Yoghurt (½ pot)



Baby Spinach (1 handful)

Ingredients

	2 PEOPLE	ALLERGENS
Beef Mince	250g	
Red Onion, sliced	1½	
Potato, chopped	1	
Balsamic Vinegar	2 tsp	Sulphites
Rose Harissa Paste	1 tbsp	Soya
Wholemeal Pita	2	Gluten
Greek Yoghurt	½ pot	Milk
Baby Spinach	1 handful	

🌱 Our fruit and veggies come fresh from the farm so give them a little wash before using

Did you know...

In Uruguay, New Zealand, Argentina, Australia and Brazil there are more cows than people. WOW.

Nutrition per serving: Calories: 605 kcal | Protein: 43 g | Carbs: 84 g | Fat: 13 g | Saturated Fat: 6 g



1 Pre-heat your oven to 200 degrees. Take the beef mince out of the fridge 30 mins before cooking, if possible. Cut the onions in half lengthways through the root. Then peel and slice the onions widthways very thinly into half moons.

Tip: Don't press the meat together too firmly, as this will make the texture of the burger tough.



2 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. Sprinkle over ¼ tsp of salt and a good grind of pepper and cook on the top shelf of the oven for 25 mins (until soft inside and brown on the outside).

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.



3 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.

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



4 Mix the beef mince in a bowl with the harissa paste and just under ¼ tsp of salt. Form the beef into four equal-sized burger patties about 1½cm thick.

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!