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'Ksar Char-Bagh' Moroccan Beefburgers with Red Onion Marmalade

What's this 'Ksar Char-Bagh', 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-Bagh 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

 family box



Beef Mince (500g)



Red Onion (3)



Potato (2)



Balsamic Vinegar
(1 1/2 tbsp)



Ras-el-Hanout (1 tbsp)



Wholemeal Pita (4)




Greek Yoghurt (1 pot)



Baby Spinach
(2 handfuls)

Ingredients

	4 PEOPLE	ALLERGENS
Beef Mince	500g	
Red Onion, sliced	3	
Potato, chopped	2	
Balsamic Vinegar	1½ tbsp	Sulphites
Ras-el-Hanout	1 tbsp	
Wholemeal Pita	4	Gluten
Greek Yoghurt	1 pot	Milk
Baby Spinach	2 handfuls	

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

LH Step for little hands

Did you know...

Red onion marmalade typically contains both a tangy (from vinegar) and sweet (from sugar) element!

Nutrition per serving: Calories: 710 kcal | Protein: 46 g | Carbs: 102 g | Fat: 16 g | Saturated Fat: 7 g

2



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

3



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 2 tbsp of **oil**, lay them out in one layer spaced apart on a baking tray. Sprinkle over ½ tsp of **salt** and a good grind of **pepper** and cook on the top shelf of your oven for 25 mins, until soft inside and brown on the outside.

4



3 Heat 2 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.

5



4 Mix the **beef mince** in a bowl with the **ras-el-hanout** and ½ tsp of **salt**. **LH:** Form the **beef** into four equal-sized burger patties. **Tip:** Don't press the meat together too firmly, as this will make the texture of your burger tough.

5 Heat 2 tbsp of **oil** in a non-stick frying pan on medium heat and once hot gently lay in your burgers. Cook for around 5-6 mins on each side and turn them only once. If you want to cook your burgers a little more in the middle, you can place them in your oven for a few mins after frying.

6 Toast the **pitas** for a few mins then split them in half. **LH:** Sandwich your burgers between the **pita bread**. If you want to go **pita free** you can always freeze them for another meal.

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