

What Katie ate...

BEEF BURGERS WITH HORSERADISH + BLUE CHEESE SAUCE

FOR THE BURGERS

1 large onion, peeled + finely diced
3 plump garlic cloves, peeled + finely chopped
Handful parsley, finely chopped
Leaves from 3 large rosemary stalks + finely chopped
Leaves from 6 sprigs thyme
1 tbsp dark soy sauce
1 tbsp Worcestershire sauce
2 tsp horseradish sauce
2 tsp dijon mustard
1 Long green chilli, de-seeded + finely chopped
1kg beef mince
3/4 cup walnuts, roasted + chopped
1 medium egg
Olive oil
Maldon sea salt flakes
Freshly ground black pepper

FOR THE BLUE CHEESE SAUCE

2 Heaped tbsp butter
2 tbsp flour
1 cup milk
1/2 cup blue cheese, crumbled
2 tbsp horseradish sauce/cream

YOU WILL ALSO NEED

Tomato relish - see recipe in sauces section
Lettuce leaves
Sliced tomato + sliced onion
Cooked american-style bacon (optional)
Burger buns

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SERVES 4 - 6

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Add onion, garlic, parsley, rosemary, thyme, soy, worcestershire and horseradish sauce, mustard, chilli and chopped walnuts into a large mixing bowl, along with beef, chopped walnuts and egg.

Season well with salt and black pepper.

Using clean hands, mix everything together thoroughly.

Divide the mixture up into 4 or 6 even balls and press down to form patties, place on a baking tray, cover with cling wrap and chill in the fridge for 30 mins.

To make the blue cheese sauce, melt butter in a small saucepan over low-medium heat, add flour and beat together. Pour in milk gradually and whip into roux.

Using a balloon whisk to form a smooth sauce. When smooth, add in the crumbled cheese followed by the horseradish sauce.

Cook burgers as per your preferred method - either bbq, pan fry or grill.

Serve on a toasted burger bun with tomato relish, crisp lettuce leaves, sliced tomato and onion, grilled bacon and top with blue cheese sauce.