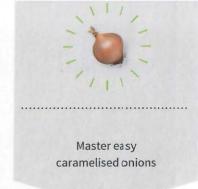


## Speedy Italian Beef Burger

with Caramelised Onion & Mayo









Grated Cheddar Cheese





**Brown Onion** 





Cos Lettuce







Fine Breadcrumbs

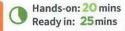
Italian Herbs





Bake-At-Home Burger

Mayonnaise



Tomato sauce is always classic on a burger, but this time we've swapped it out for two of our other favourite classics; mayo and caramelised onions. Served with a healthy side salad, you'll be thanking us all night for this easy, simple and mouth-watering meal.

Pantry Staples: Olive Oil, Egg, Brown Sugar, Balsamic Vinegar, Honey

# START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, two medium bowls, medium frying pan, spatula, oven tray lined with baking paper and a wooden spoon.



Preheat the oven to 220°C/200°C fanforced. In a medium bowl, combine the beef
mince, fine breadcrumbs (use suggested
amount), egg, Italian herbs, salt (use
suggested amount) and a good pinch of
pepper. Mix until well combined. Shape the
mixture into burger patties roughly the same
size as your burger buns. \*TIP: You should
get 1 patty per person.



Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the beef patties and cook for 4-5 minutes on each side, or until almost cooked through. Transfer to an oven tray lined with baking paper and sprinkle each patty with the grated Cheddar cheese. Place the bake-at-home burger buns on the same tray next to the patties and place in the oven to cook for 4-5 minutes, or until the cheese is melted and the buns are warmed through. Slice the buns in half.



**3** While the burger patties are cooking, finely slice the **brown onion**. Roughly chop the **cos lettuce**. Chop the **cucumber** into 1 cm chunks. Thinly slice the **tomato**.



CARAMELISE THE ONIONS
Return the medium frying pan to a medium heat and add a drizzle of olive oil.
Once hot, add the onion and cook, stirring, for 5 minutes, or until soft. Add the brown sugar and cook for a further 2 minutes, or until caramelised.



MAKE THE SALAD

While the onions are caramelising, place the cos lettuce (reserve a handful for the burgers) and cucumber in a medium bowl. Add olive oil (2 tsp for 2 people / 1 tbs for 4 people), the honey and the balsamic vinegar. Toss to coat. \*TIP: Dress the salad just before serving to avoid soggy leaves.



**SERVE UP**Spread the base of each bun with a dollop of **mayonnaise**. Top with a beef patty, caramelised onions, a tomato slice and a handful of lettuce. Serve the salad on the side.

Enjoy!

#### 2 4 PEOPL

### **INGREDIENTS**

	2P	4P
olive oil*	refer to method	refer to method
beef mince	1 packet	1 packet
fine breadcrumbs	1/4 packet (11/4 tbs)	1/2 packet (3 tbs)
egg*	1	2
Italian herbs	1 sachet (2 tsp)	2 sachets (1 tbs)
salt	1/4 tsp	1/2 tsp
grated Cheddar cheese	1 packet (50 g)	1 packet (100 g)
bake-at-home burger buns	2	4
brown onion	1	2
cos lettuce	1 bag	2 bags
cucumber	1	2
tomato	1	2
brown sugar*	1 tsp	2 tsp
honey"	½ tsp	1 tsp
balsamic vinegar*	2 tsp	1 tbs
mayonnaise	1 tub (40 g)	2 tubs (80 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3620kJ (865Cal)	578kJ (138Cal)
Protein (g)	48.8g	7.8g
Fat, total (g)	45.1g	7.2g
- saturated (g)	14.8g	2.4g
Carbohydrate (g)	60.1g	9.6g
- sugars (g)	15.0g	2.4g
Sodium (g)	1280mg	205mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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