




# Speedy Italian Beef Burger

with Caramelised Onion & Mayo



 Hands-on: **20 mins**  
Ready in: **25 mins**

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.



Master easy  
caramelised onions



Cucumber



Grated Cheddar Cheese



Brown Onion



Tomato



Cos Lettuce



Beef Mince



Fine Breadcrumbs



Italian Herbs



Bake-At-Home Burger  
Buns



Mayonnaise

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



## BEFORE YOU — 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**.



### 1 MAKE THE BEEF PATTIES

Preheat the oven to **220°C/200°C fan-forced**. 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.



### 2 COOK THE BEEF PATTIES

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 GET PREPPED

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**.



### 4 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.



### 5 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.



### 6 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 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beef mince	1 packet	1 packet
fine breadcrumbs	¼ packet (1½ tbs)	½ packet (3 tbs)
egg*	1	2
Italian herbs	1 sachet (2 tsp)	2 sachets (1 tbs)
salt*	¼ tsp	½ 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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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