



# SPEEDY ITALIAN BEEF BURGER

with Caramelised Onion & Mayo



Master easy  
caramelised onions



Tomato



Garlic



Beef Mince



Fine Breadcrumbs



Italian Herbs



Cheddar Cheese



Burger Bun



Brown Onion



Cos Lettuce



Cucumber



Mayonnaise



Hands-on: 25 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.

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

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan** • **oven tray** lined with **baking paper**



### 1 MAKE THE BEEF PATTIES

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a **garlic press**). Remove the wax from the **Cheddar cheese** and grate the cheese. In a medium bowl, combine the garlic, **beef mince**, **fine breadcrumbs** (see ingredients list), **egg**, **Italian herbs**, **salt** and a **good pinch of pepper**. Mix until well combined. Shape the mixture into burger patties a little wider than the burger buns (they shrink during cooking!). You should get 1 patty per person.



### 2 COOK THE BEEF PATTIES

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Once hot, 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 **burger buns** on the same tray and bake for **4-5 minutes**, or until the cheese is melted and the buns are warmed through.



### 3 GET PREPPED

While the burger patties are cooking, thinly slice the **brown onion**. Roughly chop the **cos lettuce**. Cut the **cucumber** into 1cm 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**. Add the **onion** and cook, stirring, for **5 minutes**, or until soft. Add the **brown sugar**, **water** and **2/3 of the balsamic vinegar** and cook for a further **3-5 minutes**, or until the liquid has evaporated and the onion is caramelised.



### 5 MAKE THE SALAD

While the onions are caramelising, combine the **honey**, **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**) and the **remaining balsamic vinegar** in a medium bowl. Add the **cos lettuce** (reserve a handful for the burgers) and **cucumber** to the bowl and toss to coat. **TIP:** Dress the salad just before serving to keep the leaves crisp.



### 6 SERVE UP

Slice the burger buns in half. 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
garlic	1 clove	2 cloves
Cheddar cheese	1 block (60 g)	1 block (125 g)
beef mince	1 packet	1 packet
fine breadcrumbs	¼ packet	½ packet
egg*	1	2
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
burger bun	2	4
brown onion	1	2
cos lettuce	1	2
cucumber	1	2
tomato	1	2
brown sugar*	1 ½ tsp	3 tsp
water*	2 tsp	4 tsp
balsamic vinegar*	2 tbs	4 tbs
honey*	½ tsp	1 tsp
mayonnaise	1 tub (40 g)	2 tubs (80 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3690kJ (882Cal)	581kJ (139Cal)
Protein (g)	49.0g	7.7g
Fat, total (g)	47.1g	7.4g
- saturated (g)	16.9g	2.7g
Carbohydrate (g)	59.3g	9.3g
- sugars (g)	16.1g	2.5g
Sodium (g)	1320mg	208mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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