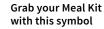


Italian Cheesy Beef Burgers with Caramelised Onion & Rocket-Pear Salad













Fine Breadcrumbs







Shredded



Bake-At-Home

Burger Buns

Cheddar Cheese





Brown Onion



Tomato



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Pantry items

Olive Oil, Egg, Brown Sugar, Balsamic Vinegar



Change things up on a classic burger by swapping the tomato sauce for dill and parsley mayo and caramelised onion. Served with a fresh rocket-pear salad, you'll be thanking us all night for this easy and mouth-watering meal.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium frying pan · Oven tray lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
beef mince	1 small packet	1 large packet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
Italian herbs	1 sachet	2 sachets
salt*	1/4 tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
brown onion	1	2
pear	1/2	1
tomato	1	2
brown sugar*	½ tbs	1 tbs
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	2 tsp	1 tbs
spinach & rocket mix	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	½ tbs	1 tbs
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	733kJ (175Cal)
Protein (g)	49.5g	9.5g
Fat, total (g)	50.9g	9.8g
- saturated (g)	17g	3.3g
Carbohydrate (g)	59.8g	11.5g
- sugars (g)	17.9g	3.4g
Sodium (mg)	1076mg	206mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the beef patties

Preheat the oven to 220°C/200°C fan-forced. Finely chop the garlic. In a medium bowl, combine the garlic, beef mince, fine breadcrumbs (see ingredients), egg, Italian herbs and the salt. Season with pepper. Shape the mixture into burger patties a little wider than your burger buns. You should get 1 patty per person.



Cook the beef patties

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



Prep the veggies

While the burger patties are cooking, thinly slice the **brown onion**. Thinly slice the **pear** (see ingredients). Thinly slice the **tomato**.



Caramelise the onion

Return the frying pan to a medium heat and add a drizzle of **olive oil** (if needed). Cook the **onion**, stirring, until soft, **5 minutes**. Add the **brown sugar**, **balsamic vinegar** (for the onion) and the **water** and cook until the liquid has evaporated and the **onion** is caramelised, **3-5 minutes**.



Make the salad

While the onion is caramelising, combine the **spinach & rocket mix** (reserve a handful for the burgers) and **pear** in a medium bowl. Add the **balsamic vinegar (for the salad)** and a drizzle of **olive oil.** Toss to coat.



Serve up

Slice the burger buns in half. Spread the base of each bun with **dill & parsley mayonnaise**. Top with a beef patty, caramelised onion, tomato and some reserved spinach & rocket mix. Serve with the rocket-pear salad.

Enjoy!