



Cheesy Beef Burgers

with Caramelised Onion & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Tomato



Cos Lettuce



Sweet Paprika



Fine Breadcrumbs



Beef Mince



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Garlic Aioli

Hands-on: **30** mins
Ready in: **35** mins

Tomato sauce is always classic on a burger, but for this delicious dinner we've combined two of our other faves; garlic aioli and caramelised onion. Plus melted Cheddar cheese, of course – this is a burger after all!

Pantry items

Olive Oil, Eggs, Balsamic Vinegar, Brown Sugar

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	4 People
olive oil*	refer to method
garlic	2 cloves
brown onion	2
tomato	2
cos lettuce	1 head
sweet paprika	2 sachets
fine breadcrumbs	1 packet
eggs*	2
salt*	½ tsp
beef mince	1 packet
shredded Cheddar cheese	1 packet (100g)
bake-at-home burger buns	5
balsamic vinegar*	1½ tbs
warm water*	1½ tbs
brown sugar*	2 tsp
garlic aioli	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3730kJ (891Cal)	677kJ (162Cal)
Protein (g)	47.5g	8.6g
Fat, total (g)	45.5g	8.3g
- saturated (g)	15.0g	2.7g
Carbohydrate (g)	66.8g	12.1g
- sugars (g)	15.2g	2.8g
Sodium (g)	1150mg	208mg

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.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Thinly slice the **tomato**. Reserve some **cos lettuce** leaves for the burgers, then shred the **remaining lettuce**.



4. Melt the cheese

Transfer the **beef patties** to an oven tray lined with baking paper and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese has melted, **3-4 minutes**. Set aside. Place the **bake-at-home burger buns** on a wire rack in the oven and bake until heated through, **3 minutes**.



2. Make the beef patties

In a large bowl, combine the **garlic**, **sweet paprika**, **fine breadcrumbs**, **eggs**, the **salt**, **beef mince** and a **pinch of pepper**. Shape the mixture into **5 patties** (each a little wider than your burger buns). Transfer to a plate.

TIP: Make a shallow indentation in the centre of each patty, this will help prevent it from puffing up as it cooks.



5. Make the caramelised onion

While the cheese is melting, return the frying pan to a medium-high heat with a **good drizzle of olive oil**. Add the **onion** and cook, stirring, until soft, **5-6 minutes**. Add the **balsamic vinegar**, **warm water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Season to taste with **salt** and **pepper**.



3. Cook the beef patties

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **beef patties** and cook until almost cooked through, **4-5 minutes** each side.

TIP: If your pan is getting crowded, cook in batches for the best results!



6. Serve up

Cut the burger buns in half. Divide the buns between plates and spread the bases with **garlic aioli**. Top with a cheesy beef patty, caramelised onion, tomato and the reserved cos lettuce. Toss the shredded cos lettuce with a drizzle of olive oil and a pinch of salt and pepper and serve on the side.

Enjoy!