



# Italian Beef Burger

with Crispy Cheddar & Caramelised Onions



Grab your Meal Kit with this symbol



Brown Onion



Tomato



Pear



Beef Mince



Rustic Herb Spice Blend



Fine Breadcrumbs



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Garlic Aioli



Mixed Salad Leaves

Hands-on: 15-25 mins  
Ready in: 25-35 mins

Sure, everyone rushes to the table when burgers are on the menu, but these ones will get them moving double-quick. That's because we've topped each tender beef patty with a Cheddar crisp – it adds a special cheesy touch and is super simple to make!

### Pantry items

Olive Oil, Balsamic Vinegar, Honey Brown Sugar, Egg

## 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

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
tomato	1	2
pear	1	2
balsamic vinegar* (for the salad)	1 tsp	2 tsp
honey*	½ tsp	1 tsp
balsamic vinegar* (for the onions)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
beef mince	1 small packet	1 medium packet
rustic herb spice blend	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
salt*	½ tsp	1 tsp
shredded Cheddar cheese (50g)	1 packet	1 packet (100g)
bake-at-home burger buns	2	4
garlic aioli (50g)	1 packet	1 packet (100g)
mixed salad leaves (60g)	1 bag	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4163kJ (994Cal)	761kJ (181Cal)
Protein (g)	42.7g	7.8g
Fat, total (g)	59.2g	10.8g
- saturated (g)	21.4g	3.9g
Carbohydrate (g)	67.2g	12.3g
- sugars (g)	22.3g	4.1g
Sodium (mg)	1263mg	231mg

### Allergens

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

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

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## 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Slice the **tomato** into rounds. Thinly slice the **pear** into wedges. In a medium bowl, combine the **balsamic vinegar (for the salad)**, **honey** and a **good drizzle of olive oil**. Season with **salt** and **pepper** and set aside.



## 4. Make the Cheddar crisps

**Drizzle** a little **olive oil** over an oven tray lined with baking paper. Arrange the **shredded Cheddar cheese** in even piles about the same size as your burger buns (**2 piles for 2 people / 4 piles for 4 people**). Bake until the cheese is melted in the middle and crisp around the edges, **8-10 minutes**.

**TIP:** This prevents the cheese from sticking!

**TIP:** They can burn fast, so keep an eye on them!



## 2. Caramelize the onion

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, the **water** and **brown sugar**. Cook, stirring often, until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## 5. Cook the beef patties

While the Cheddar crisps are baking, wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Cook the **beef patties** until cooked through, **4-5 minutes** each side. Place the **bake-at-home burger buns** in the oven to heat through, **3 minutes**.

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



## 3. Make the beef patties

While the onion is cooking, combine the **beef mince**, **rustic herb spice blend**, **fine breadcrumbs (see ingredients list)**, **egg** and the **salt** in a large bowl with a **good pinch of black pepper**. Shape the **beef mixture** into patties, a little larger than your burger buns. Transfer to a plate.

**TIP:** Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.



## 6. Serve up

Slice the burger buns in half. Spread some **garlic aioli** over the base of each bun and top with a beef patty, Cheddar crisp, some caramelised onion, a slice of tomato and **mixed salad leaves**. Add the pear, remaining tomato and salad leaves to the bowl with the dressing and toss to coat. Serve with the burgers.

**Enjoy!**