

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on 🕤 💆 😇 with #HelloFreshAU

Wagyu Beef Burger with Caramelised Onions

What's a matter wagyu? Cheer up, because this juicy wagyu beef burger covered in melted cheddar and sweet caramelised onions is really going to lift your spirits. You'll love these parbaked burger buns as well; after just five minutes, you'll be pulling out puffed-up, steaming sourdough rolls from the oven (it almost feels like you've slaved to bake them yourself)! Get a friend to set the table while this one is cooking, because you'll be desperate to bite in as soon as they're assembled.



Prep: 10 mins Cook: 15 mins Total: 25 mins



level 1



high fibre



high protein



outdoor dining

Pantry Items











Mayonnaise



Wagyu Burger Mince



Brown Onion





Cheddar Cheese



Parbaked Sourdough Burger Buns



Tomato



Mixed Salad Leaves

2P	4P	Ingredients	
250 g	500 g	wagyu burger mince	
½ block	1 block	Cheddar cheese, grated	⊕
2	4	parbaked sourdough burger buns, left whole	
2 tsp	1 tbs	olive oil *	
1	2	brown onion, sliced	
1 tsp	2 tsp	brown sugar *	
2 tbs	4 tbs	mayonnaise *	
1	2	tomato, sliced	
½ bag	1 bag	mixed salad leaves, washed	#

- May feature in another recipe
 - * Pantry Items

Nutrition per serving

Energy	3210	Kj
Protein	46.9	g
Fat, total	42	g
-saturated	16.9	g
Carbohydrate	44	g
-sugars	11	g
Sodium	1710	mø

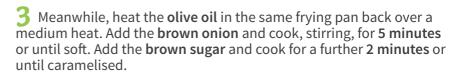
Measuretool

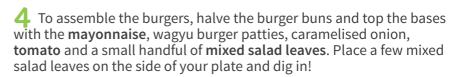
0 cm	1cm	2 cm



You will need: chef's knife, chopping board, box grater, baking paper lined oven tray, and a medium frying pan.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Shape the wagyu burger mince into patties (one per person). Heat a greased medium frying pan over a medium-high heat. Add the wagyu burger patties and cook for 4-5 minutes on each side or until almost cooked through. Transfer the burger patties to the prepared tray and sprinkle with the Cheddar cheese. Place the parbaked sourdough burger buns beside the patties and cook for 5 minutes in the oven or until the cheese is melted.











Did you know? Aside from Japan, Australia is the largest breeder of wagyu beef stock!