



Everything
But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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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

Olive Oil Brown Sugar

Mayonnaise



Wagyu Burger Mince



Cheddar Cheese



Parbaked Sourdough Burger Buns



Brown Onion



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	mg

Measuretool

0 cm	1 cm	2 cm

2a



2b



2c



3



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

1 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.

3 Meanwhile, heat the **olive oil** in the same frying pan back over a medium heat. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **brown sugar** and cook for a further **2 minutes** or until caramelised.

4 To assemble the burgers, halve the burger buns and top the bases with the **mayonnaise**, wagyu burger patties, caramelised onion, **tomato** and a small handful of **mixed salad leaves**. Place a few mixed salad leaves on the side of your plate and dig in!

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