



Italian Beef & Haloumi Burgers

with Caramelised Onion & Pear Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Pear



Tomato



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Red Onion



Haloumi



Bake-At-Home Burger Buns



Mixed Salad Leaves



Mayonnaise



Diced Bacon

Prep in: 25-35 mins
Ready in: 25-35 mins

Boasting a juicy, herb-laced beef patty and golden seared haloumi, this double decker burger delivers all the goods. To balance out the richness, top with perfectly ripe tomato slices and serve with a simple pear salad.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Egg, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	½	1
tomato	1	2
balsamic vinegar* (for the salad)	drizzle	drizzle
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
red onion	1	2
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
haloumi	1 packet	2 packets
bake-at-home burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
mayonnaise	1 packet (40g)	1 packet (80g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4500kJ (1076Cal)	764kJ (183Cal)
Protein (g)	60.3g	10.2g
Fat, total (g)	59.3g	10.1g
- saturated (g)	25g	4.2g
Carbohydrate (g)	70.6g	12g
- sugars (g)	20.9g	3.5g
Sodium (mg)	2023mg	344mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4888kJ (1168Cal)	771kJ (184Cal)
Protein (g)	67.2g	10.6g
Fat, total (g)	66.1g	10.4g
- saturated (g)	27.5g	4.3g
Carbohydrate (g)	71.4g	11.3g
- sugars (g)	21.4g	3.4g
Sodium (mg)	2453mg	387mg

The quantities provided above are averages only.

Allergens

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

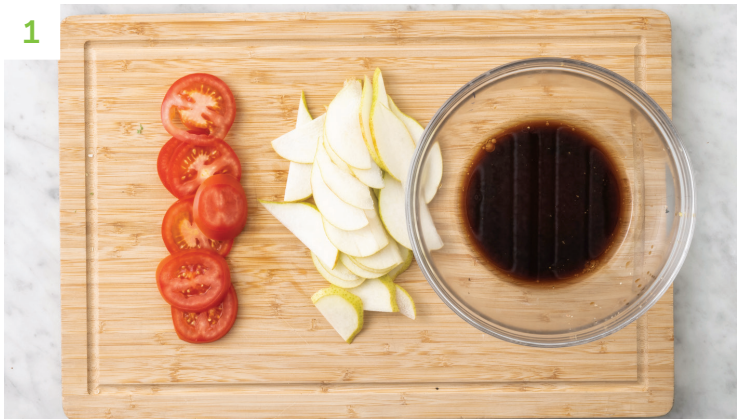
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **pear** (see ingredients).
- Thinly slice **tomato** into rounds. Set aside.
- In a medium bowl, combine the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Set aside.
- In a second medium bowl, combine **beef mince**, **fine breadcrumbs** (see ingredients), the **egg** and **garlic & herb seasoning**. Season generously with **salt** and **pepper**. Shape **beef mixture** into evenly sized patties (one per person) slightly larger than the burger buns.

3



Cook the haloumi & patties

- While the onion is caramelising, slice **haloumi** horizontally to get one piece per person.
- In a large frying pan, heat drizzle of **olive oil** over medium-high heat. Cook **haloumi** until golden brown, **2 minutes** each side. Transfer to a plate.
- Return frying pan to medium-high heat. Cook **patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.

2



Caramelize the onion

- Thinly slice **red onion**.
- In a medium frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar (for the onion)**, the **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion, breaking up with a spoon, 5-6 minutes. Continue as above.

4



Serve up

- To the bowl with the dressing, add **mixed salad leaves** and pear. Season, then toss to coat.
- Spread bases of the burger buns with **mayonnaise**.
- Top with beef patty, haloumi, caramelised onion and tomato.
- Serve with pear salad. Enjoy!

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