



Italian Beef Burgers

with Cheddar & Caramelised Onions

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BESTSELLER



Grab your Meal Kit with this symbol



Garlic



Beef Mince



Fine Breadcrumbs



Italian Herbs



Cheddar Cheese



Bake-At-Home Burger Buns



Apple



Tomato



Brown Onion



Baby Spinach Leaves



Mustard Mayo



Diced Bacon

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

Start salivating...we have yet another awesome burger recipe to add to your repertoire! Team it with a slightly sweet, tart and peppery salad and bring your appetites to the table.

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

Pantry items

Olive Oil, Egg, Brown Sugar, Balsamic Vinegar

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
Italian herbs	1 medium sachet	2 medium sachets
salt*	¼ tsp	½ tsp
Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
apple	½	1
tomato	1	2
brown onion	1	2
brown sugar*	1 tsp	2 tsp
balsamic vinegar* (for the onion)	1 tbs	2 tbs
balsamic vinegar* (for the salad)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
mustard mayo	1 medium packet	2 medium packets
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3575kJ (854Cal)	701kJ (168Cal)
Protein (g)	48.6g	9.5g
Fat, total (g)	43.4g	8.5g
- saturated (g)	15g	2.9g
Carbohydrate (g)	63.8g	12.5g
- sugars (g)	16.4g	3.2g
Sodium (mg)	1270mg	249mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3963kJ (947Cal)	714kJ (171Cal)
Protein (g)	55.5g	10g
Fat, total (g)	50.2g	9g
- saturated (g)	17.5g	3.2g
Carbohydrate (g)	64.6g	11.6g
- sugars (g)	16.9g	3g
Sodium (mg)	1700mg	306mg

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](https://www.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



Make the patties

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**.
- In a medium bowl, combine **garlic, beef mince, fine breadcrumbs (see ingredients)**, the **egg, Italian herbs** and the **salt**. Season with **pepper**.
- Shape the **mixture** into burger patties (one per person), slightly larger than the burger buns.

3



Prep the salad & onion

- Meanwhile, thinly slice **apple (see ingredients)**. Thinly slice **tomato** into rounds. Thinly slice **brown onion**.
- Return frying pan to medium-high heat. Add another drizzle of **olive oil**, if needed. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **brown sugar**, the **balsamic vinegar (for the onion)** and a splash of **water**. Mix well and cook until dark and sticky, **3-5 minutes**.

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

2



Bring it all together

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **beef patties**, until almost cooked through, **4-5 minutes** each side. Transfer to a lined oven tray.
- Sprinkle **Cheddar cheese** over each patty.
- Place **bake-at-home burger buns** on the same tray. Bake until cheese is melted and buns are warmed through, **4-5 minutes**.

4



Serve up

- In a medium bowl, combine the **balsamic vinegar (for the salad)** and a drizzle of olive oil. Add **baby spinach leaves** (reserve a handful for the burgers!) and apple. Season, then toss to coat.
- Slice burger buns in half. Spread the bases with **mustard mayo**. Top with a beef patty, tomato, reserved spinach leaves and caramelised onion.
- Serve with apple salad. Enjoy!

Rate your recipe

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