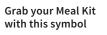


Italian Beef Burgers with Cheddar & Caramelised Onions

KID FRIENDLY

BESTSELLER











Fine Breadcrumbs

Italian Herbs



Cheddar Cheese







Tomato





Brown Onion





Mustard Mayo





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.

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**

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	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*	1/4 tsp	½ tsp		
Cheddar cheese	1 medium packet	1 large packet		
bake-at-home burger buns	2	4		
apple	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may

We're here to help!

Scan here if you have any questions or concerns





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.



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.



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.



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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate