



# Quick Italian Cheesy Beef Burgers

with Mustard Mayo & Apple Side Salad

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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
<b>olive oil*</b>	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
<b>egg*</b>	1	2
Italian herbs	1 medium sachet	2 medium sachets
<b>salt*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b> (for the onion)	1 tbs	2 tbs
<b>balsamic vinegar*</b> (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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 **mixture** into burger patties (one per person), slightly larger than the burger buns.

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## 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!

We're here to help!

Scan here if you have any questions or concerns

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