



# Beef Cheeseburger & Fries

with Caramelised Onion & Pickled Cucumber

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato Fries



Cucumber



Brown Onion



Beef Mince



All-American Spice Blend



Fine Breadcrumbs



Dijon Mustard



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Burger Sauce



Mustard Mayo



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins

Spiked with our All-American spice blend and a dash of Dijon, these melted Cheddar-topped patties are sure to nip that craving for a real deal cheeseburger in the bud. The pickled cucumber adds sweetness and tang, and is worth the extra few minutes.

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

### Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper - Large frying pan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato fries	1 medium bag	1 large bag
cucumber	1	2
<b>white wine vinegar*</b>	¼ cup	½ cup
brown onion	½	1
<b>brown sugar*</b>	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
Dijon mustard	½ packet	1 packet
<b>egg*</b>	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
burger sauce	1 medium packet	2 medium packets
mustard mayo	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4454kJ (1065Cal)	654kJ (156Cal)
Protein (g)	53.3g	7.8g
Fat, total (g)	49.8g	7.3g
- saturated (g)	15.1g	2.2g
Carbohydrate (g)	94.1g	13.8g
- sugars (g)	17.4g	2.6g
Sodium (mg)	1538mg	226mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4844kJ (1158Cal)	667kJ (159Cal)
Protein (g)	60g	8.3g
Fat, total (g)	56.7g	7.8g
- saturated (g)	17.6g	2.4g
Carbohydrate (g)	95g	13.1g
- sugars (g)	17.9g	2.5g
Sodium (mg)	1970mg	271mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out in a single layer, then bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## Make the patties

- While onion is cooking, combine **beef mince**, **All-American spice blend**, **fine breadcrumbs**, **Dijon mustard** (see ingredients), the **egg** and a good pinch of **pepper** in a large bowl.
- Shape **beef mixture** into evenly sized **patties** (one per person) slightly larger than the **burger buns**.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into patties!



## Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into rounds.
- In a medium bowl, combine **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover **cucumber**. Set aside.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!



## Cook the patties & heat the buns

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **patties** until just cooked through, **4-5 minutes** each side.
- In the last **2-3 minutes** of cook time, sprinkle **shredded Cheddar cheese** over **patties**, then cover with a lid or foil and cook until **cheese** is melted.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.



## Caramelize the onion

- While cucumber is pickling, thinly slice **brown onion** (see ingredients).
- In a large 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. Stir in some **pickling liquid** (2 tbs for 2 people / 1/4 cup for 4 people) and the **brown sugar**. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.

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



## Serve up

- Drain pickled cucumber.
- Spread each bun with **burger sauce**. Top with a cheesy beef patty and a helping of caramelised onion and pickled cucumber.
- Serve with fries and **mustard mayo**. Enjoy!

**Little cooks:** Take the lead and help build the burgers!

## Rate your recipe

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