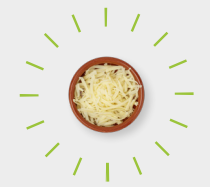




Speedy Italian Beef Burgers

with Cheddar Crisps & Onion Jam



Make cheddar crisps!



Red Onion



Tomato



Cos Lettuce



Beef Mince



Rustic Herb
Spice Blend



Fine Breadcrumbs



Shredded Cheddar
Cheese



Bake-At-Home
Burger Bun



Hands-on: 15 mins
Ready in: 30 mins

You thought you loved burgers, but then we added a golden round of crispy Cheddar! With balsamic onions, a squishy bun and tender patty, these are the burgers of your dreams.

Pantry Staples: Olive Oil, Eggs, Balsamic Vinegar (or Red Wine Vinegar), Brown Sugar, Butter, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium bowl, medium frying pan, wooden spoon, small bowl, oven tray** lined with **baking paper** and **spatula**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. Thinly slice the **tomato**. Reserve a **cos lettuce** leaf for each burger, then shred the remaining lettuce.



2 PREPARE THE BEEF PATTIES

In a medium bowl, combine the **beef mince, rustic herb spice blend (see ingredients list), fine breadcrumbs (see ingredients list), egg, salt (see ingredients list)** and a **pinch of pepper**. Shape the beef mixture into patties about the size of your burger buns (you will have 1 patty per person). Set aside.



3 MAKE THE ONION JAM

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5-6 minutes**, or until soft. Add **3/4** of the **balsamic vinegar, warm water (see ingredients list)** and **brown sugar** and cook until the liquid is nearly evaporated and the onion is slightly sticky. Season with a **pinch of salt and pepper**. Transfer to a small bowl. Cover with foil to keep warm and set aside.



4 MAKE THE CHEDDAR CRISPS (OPTIONAL)

While the onion is cooking, **drizzle or spray olive oil** over the oven tray lined with baking paper. Place piles of **shredded Cheddar cheese (2 piles for 2 people / 4 piles for 4 people)** about the size of your burger patties on the tray. Bake for **10 minutes**, or until the middle is melted and the edge is crisp.

TIP: They can burn fast so keep an eye on them! In the last **3 minutes** of baking time, place the **bake-at home burger buns** on the tray to heat through. Remove from the oven.



5 COOK THE BEEF PATTIES

While the cheese crisps are baking, heat a **drizzle of olive oil** in the same medium frying pan over a medium-high heat. Add the **beef patties** and cook for **4-5 minutes** on each side, or until browned and cooked through.

TIP: If you didn't make the cheddar crisps in Step 4, top the patties with the shredded Cheddar cheese in the last 1-2 minutes of cooking time and cover with a lid to melt!



6 SERVE UP

Slice the bake-at-home burger buns in half and **butter** lightly (optional). Top the base of each bun with a spoon of onion jam, a tomato slice, a Cheddar crisp, a beef patty and a cos lettuce leaf. Drizzle the remaining lettuce with **olive oil (1 tbs for 2 people / 2 tbs for 4 people), honey** and the **remaining balsamic vinegar** and serve on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
tomato	1	2
cos lettuce	1 bag	2 bags
beef mince	1 packet	1 packet
rustic herb spice blend	½ sachet	1 sachet
fine breadcrumbs	¼ packet	½ packet
egg*	1	2
salt*	¼ tsp	½ tsp
balsamic vinegar* (or red wine vinegar)	1 ½ tbs	3 tbs
warm water*	3 tsp	1 ½ tbs
brown sugar*	1 tsp	2 tsp
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
bake-at-home burger bun	2	4
butter*	10 g	20 g
honey*	½ tsp	1 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (785Cal)	658kJ (157Cal)
Protein (g)	47.1g	9.4g
Fat, total (g)	38.1g	7.6g
- saturated (g)	16.9g	3.4g
Carbohydrate (g)	57.8g	11.6g
- sugars (g)	13.2g	2.6g
Sodium (g)	1180mg	237mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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