

# Quick Cheesy Italian Beef Burgers

with Caramelised Onion & Rocket-Apple Salad

Grab your Meal Kit with this symbol



Garlic



Beef Mince



Fine Breadcrumbs



Italian Herbs



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Brown Onion



Apple



Tomato



Spinach & Rocket Mix



Mustard Mayo

 Hands-on: 25-35 mins  
Ready in: 25-35 mins

Change things up on a classic burger by swapping the tomato sauce for mustard mayo and caramelised onion. Served with a fresh rocket-apple salad, you'll be thanking us all night for this easy and mouth-watering meal.

*Unfortunately, this week's pear was in short supply, so we've replaced it with apple. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Egg, Brown Sugar, Balsamic Vinegar

## 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

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	1 medium packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
brown onion	1	2
apple	½	1
tomato	1	2
brown sugar*	½ tbs	1 tbs
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	2 tsp	1 tbs
spinach & rocket mix	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	½ tbs	1 tbs
mustard mayo	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3229kJ (772Cal)	620kJ (148Cal)
Protein (g)	49.1g	9.4g
Fat, total (g)	35g	6.7g
- saturated (g)	15.6g	3g
Carbohydrate (g)	58.7g	11.3g
- sugars (g)	17g	11.3g
Sodium (mg)	1010mg	194mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Make the burger 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), **egg, Italian herbs** and the **salt**. Season with **pepper**.
- Shape the **mixture** into burger patties a little wider than a burger bun. You should get 1 patty per person.

3



## Bring it all together

- Meanwhile, thinly slice **brown onion**. Thinly slice **apple** (see ingredients). Thinly slice **tomato** into rounds.
- Return the frying pan to a medium heat and add a drizzle of **olive oil** (if needed). Cook **onion**, stirring, until soft, **5 minutes**.
- Add the **brown sugar, balsamic vinegar (for the onion)** and the **water** and cook until the liquid has evaporated and the onion is caramelised, **3-5 minutes**.

2



## Cook the burger patties

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

4



## Serve up

- In a medium bowl, combine **spinach & rocket mix** (reserve a handful for the burgers) and apple. Add the **balsamic vinegar (for the salad)** and a drizzle of olive oil. Toss to coat.
- Slice **burger buns** in half. Spread the base of each bun with mustard mayo. Top with a beef patty, caramelised onion, tomato and some reserved spinach & rocket mix. Serve with the rocket-apple salad.

## Enjoy!