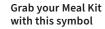


Quick Cheesy Italian Beef Burgers with Caramelised Onion & Rocket-Apple Salad

















Fine Breadcrumbs





Cheddar Cheese



Bake-At-Home

Burger Buns



Brown Onion





Tomato



Spinach & Rocket



Mustard Mayo

Pantry items

Olive Oil, Egg, Brown Sugar, Balsamic Vinegar

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.

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

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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	1 medium packet	
fine breadcrumbs	½ medium packet	1 medium packet	
egg*	1	2	
Italian herbs	1 sachet	2 sachets	
salt*	1/4 tsp	½ tsp	
shredded Cheddar cheese	1 medium packet	1 large packet	
bake-at-home burger buns	2	4	
brown onion	1	2	
apple	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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**.



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.



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!