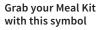


# Quick Italian Beef & Haloumi Burgers with Caramelised Onion & Pear Salad











Fine Breadcrumbs

Italian Herbs





Bake-At-Home

**Brown Onion** 

Burger Buns







Mixed Salad Leaves

Beef Mince





Haloumi

Mayonnaise



Prep in: 25-35 mins Ready in: 25-35 mins

#### **Pantry items**

#### 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

Medium frying pan · Large frying pan

#### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
pear	1/2	1	
tomato	1	2	
balsamic vinegar* (for the salad)	drizzle	drizzle	
beef mince	1 small packet	1 medium packet	
fine breadcrumbs	½ medium packet	1 medium packet	
egg*	1	2	
Italian herbs	1 medium sachet	1 large sachet	
brown onion	1	2	
balsamic vinegar* (for the onion)	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
haloumi	1 packet	2 packets	
bake-at-home burger buns	2	4	
mixed salad leaves	1 small bag	1 medium bag	
mayonnaise	1 medium packet	1 large packet	

## \*Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4413kJ (1055Cal)	755kJ (180Cal)
Protein (g)	59.8g	10.2g
Fat, total (g)	57g	9.8g
- saturated (g)	24.4g	4.2g
Carbohydrate (g)	69.8g	11.9g
- sugars (g)	21g	3.6g
Sodium (mg)	1767mg	302mg

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.



# Get prepped

- Preheat oven to 240°C/220°C fan-forced. Thinly slice pear (see ingredients).
   Thinly slice tomato into rounds. Set aside.
- In a medium bowl, combine the balsamic vinegar (for the salad) and a drizzle of olive oil. Set aside.
- In a second medium bowl, combine beef mince, fine breadcrumbs (see ingredients), the egg and Italian herbs. Season generously with salt and pepper. Shape beef mixture into evenly sized patties (one per person) slightly larger than the burger buns.

**Little cooks:** Join the fun by helping combine and shape the patty mixture! Make sure to wash your hands well afterwards.



# Cook the haloumi & patties

- While the onion is caramelising, slice haloumi horizontally to get one piece per person.
- In large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Transfer to a plate.
- Return frying pan to medium-high heat. Cook patties until just cooked through, 4-5 minutes each side (cook in batches if your pan is getting crowded).
- Meanwhile, halve bake-at-home burger buns, then place directly on a wire oven rack. Bake until heated through, 2-3 minutes.



# Caramelise the onion

- Thinly slice brown onion.
- In a medium 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. Add the balsamic vinegar (for the onion), a splash
  of water and the brown sugar and mix well. Cook until dark and sticky,
   3-5 minutes. Transfer to a small bowl.

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!



# Serve up

- Add mixed salad leaves and pear to the bowl with the dressing. Season, then toss to coat.
- Spread each burger bun base with mayonnaise. Top with a beef patty, the haloumi, caramelised onion and tomato.
- Serve with pear salad. Enjoy!

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



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