

# Quick Italian Beef & Haloumi Burgers

with Caramelised Onion & Pear Salad

Grab your Meal Kit with this symbol



Pear



Tomato



Fine Breadcrumbs



Italian Herbs



Brown Onion



Bake-At-Home Burger Buns



Mixed Salad Leaves



Beef Mince



Haloumi



Mayonnaise

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

Boasting a juicy, herb-laced beef patty *and* golden seared haloumi, this double decker burger delivers all the goods. To balance out the richness, top with perfectly ripe tomato slices and serve with a simple pear salad.

### Pantry items

Olive Oil, Balsamic Vinegar, Egg, Brown Sugar

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pear	½	1
tomato	1	2
<b>balsamic vinegar*</b> (for the salad)	drizzle	drizzle
beef mince	1 small packet	1 medium packet
fine breadcrumbs	½ medium packet	1 medium packet
<b>egg*</b>	1	2
Italian herbs	1 medium sachet	1 large sachet
brown onion	1	2
<b>balsamic vinegar*</b> (for the onion)	1 tbs	2 tbs
<b>brown sugar*</b>	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](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!

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2022 | CW36

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## 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.

3



## 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**.

2



## Caramelize 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!

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## 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!

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