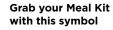
Italian Cheesy Beef Burgers

with Caramelised Onion & Rocket-Pear Salad









Beef Mince





Fine Breadcrumbs



Italian Herbs







Shredded Cheddar Cheese

Bake-At-Home **Burger Buns**



Brown Onion





Tomato



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



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

Medium frying pan · Oven tray lined with baking paper

Ingradiants

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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 packet	1 packet	
egg*	1	2	
Italian herbs	1 sachet	2 sachets	
salt*	¼ tsp	½ tsp	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
bake-at-home burger buns	2	4	
brown onion	1	2	
pear	1/2	1	
tomato	1	2	
brown sugar*	1 tsp	2 tsp	
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)	2 tsp	1 tbs	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3570kJ (852Cal)	621kJ (148Cal)
Protein (g)	47.9g	8.3g
Fat, total (g)	43.2g	7.5g
- saturated (g)	14.7g	2.6g
Carbohydrate (g)	63.6g	11.1g
- sugars (g)	20.7g	3.6g
Sodium (g)	1060mg	185mg

Allergens

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Make the beef patties

Preheat the oven to 220°C/200°C fan-forced. Finely chop the garlic (or use a garlic press). In a medium bowl, combine the garlic, beef mince, fine breadcrumbs (see ingredients list), egg, **Italian herbs**, the **salt** and a **good pinch** of pepper. Shape the mixture into patties a little wider than your burger buns (they shrink during cooking!). You should get 1 patty per person.



2. Cook the beef patties

In a medium frying pan, heat a drizzle of olive oil over a medium-high heat. When the oil is hot, add the **beef patties** and cook until almost cooked through, 4-5 minutes each side. Transfer to an oven tray lined with baking paper and sprinkle each patty with shredded Cheddar cheese. Place the 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.



3. Get prepped

While the burger patties are cooking, thinly slice the brown onion. Thinly slice the pear (see ingredients list). Thinly slice the tomato.



4. Caramelise the onion

Return the frying pan to a medium heat and add a drizzle of olive oil (if needed). Add the onion and cook, 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.



5. Make the salad

While the onion is caramelising, place the **spinach** & rocket mix (reserve a handful for the burgers) and **pear** in a medium bowl. Add the **balsamic** vinegar (for the salad) and olive oil (1 tbs for 2 people / 2 tbs for 4 people) and toss to coat.

TIP: Dress the salad just before serving to keep the leaves crisp.



6. Serve up

Slice the burger buns in half. Spread the base of each bun with dill & parsley mayonnaise. Top with a beef patty, caramelised onion, tomato and some reserved spinach & rocket mix. Serve with the rocket-pear salad.

Enjoy!