



# Italian Cheesy Beef Burgers

with Caramelised Onion & Rocket-Pear 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



Pear



Tomato



Spinach & Rocket Mix



Dill & Parsley Mayonnaise

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

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

**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

Medium 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 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	½	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](https://www.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.



## 4. Caramelize 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**.



## 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**.



## 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.



## 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**.



## 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!