

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 large 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 medium packet	1 large packet
bake-at-home burger buns	2	4
brown onion	1	2
pear	½	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
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	733kJ (175Cal)
Protein (g)	49.5g	9.5g
Fat, total (g)	50.9g	9.8g
- saturated (g)	17g	3.3g
Carbohydrate (g)	59.8g	11.5g
- sugars (g)	17.9g	3.4g
Sodium (mg)	1076mg	206mg

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.



1 Make the beef patties

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. In a medium bowl, combine the **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 your burger buns. You should get 1 patty per person.



2 Cook the beef patties

Heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, cook the **beef patties** 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 Prep the veggies

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



4 Caramelize the onion

Return the frying pan to a medium heat and add a drizzle of **olive oil** (if needed). Cook the **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**.



5 Make the salad

While the onion is caramelising, combine the **spinach & rocket mix** (reserve a handful for the burgers) and **pear** in a medium bowl. Add the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat.



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!