



# Cheesy Beef Burgers

with Caramelised Onion & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Tomato



Cos Lettuce



Sweet Paprika



Fine Breadcrumbs



Beef Mince



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Garlic Aioli

Hands-on: **30 mins**  
Ready in: **35 mins**

Tomato sauce is always classic on a burger, but for this delicious dinner we've combined two of our other faves; garlic aioli and caramelised onion. Plus melted Cheddar cheese, of course – this is a burger after all!

### Pantry items

Olive Oil, Eggs, Balsamic Vinegar, 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

Large frying pan · Oven tray lined with baking paper

### Ingredients

	4 People
olive oil*	refer to method
garlic	2 cloves
brown onion	2
tomato	2
cos lettuce	1 head
sweet paprika	2 sachets
fine breadcrumbs	1 packet
eggs*	2
salt*	½ tsp
beef mince	1 packet
shredded Cheddar cheese	1 packet (100g)
bake-at-home burger buns	5
balsamic vinegar*	1½ tbs
warm water*	1½ tbs
brown sugar*	2 tsp
garlic aioli	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3730kJ (891Cal)	677kJ (162Cal)
Protein (g)	47.5g	8.6g
Fat, total (g)	45.5g	8.3g
- saturated (g)	15.0g	2.7g
Carbohydrate (g)	66.8g	12.1g
- sugars (g)	15.2g	2.8g
Sodium (g)	1150mg	208mg

### 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.



### 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Thinly slice the **tomato**. Reserve some **cos lettuce** leaves for the burgers, then shred the **remaining lettuce**.



### 4. Melt the cheese

Transfer the **beef patties** to an oven tray lined with baking paper and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese has melted, **3-4 minutes**. Set aside. Place the **bake-at-home burger buns** on a wire rack in the oven and bake until heated through, **3 minutes**.



### 2. Make the beef patties

In a large bowl, combine the **garlic**, **sweet paprika**, **fine breadcrumbs**, **eggs**, the **salt**, **beef mince** and a **pinch of pepper**. Shape the mixture into **5 patties** (each a little wider than your burger buns). Transfer to a plate.

**TIP:** Make a shallow indentation in the centre of each patty, this will help prevent it from puffing up as it cooks.



### 5. Make the caramelised onion

While the cheese is melting, return the frying pan to a medium-high heat with a **good drizzle of olive oil**. Add the **onion** and cook, stirring, until soft, **5-6 minutes**. Add the **balsamic vinegar**, **warm water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Season to taste with **salt** and **pepper**.



### 3. Cook the beef patties

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **beef patties** and cook until almost cooked through, **4-5 minutes** each side.

**TIP:** If your pan is getting crowded, cook in batches for the best results!



### 6. Serve up

Cut the burger buns in half. Divide the buns between plates and spread the bases with **garlic aioli**. Top with a cheesy beef patty, caramelised onion, tomato and the reserved cos lettuce. Toss the shredded cos lettuce with a drizzle of olive oil and a pinch of salt and pepper and serve on the side.

**Enjoy!**