

Cheesy Beef Burgers

with Caramelised Onion & Garlic Aioli

Grab your Meal Kit
with this symbol



Garlic



Onion



Tomato



Cos Lettuce



Aussie Spice
Blend



Fine Breadcrumbs



Beef Mince



Shredded Cheddar
Cheese



Bake-At-Home
Burger Buns



Garlic Aioli

 Hands-on: **25-35 mins**
Ready in: **30-40 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, Balsamic Vinegar, Brown Sugar, Egg

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	1	2
tomato	1	2
cos lettuce	½ head	1 head
balsamic vinegar*	3 tsp	1 ½ tbs
brown sugar*	1 tsp	2 tsp
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
salt*	¼ tsp	½ tsp
beef mince	1 small packet	1 medium packet
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3885kJ (929Cal)	752kJ (180Cal)
Protein (g)	49.6g	9.6g
Fat, total (g)	53.2g	10.3g
- saturated (g)	17.3g	3.3g
Carbohydrate (g)	57.3g	11.1g
- sugars (g)	14.8g	2.9g
Sodium (mg)	1481mg	287mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1



Get prepped

Preheat oven to **200°C/180°C fan-forced**. Finely chop **garlic**. Thinly slice **onion** and **tomato**. Reserve some **cos lettuce** leaves (see ingredients) for the burgers, then shred the remainder. Transfer shredded **lettuce** to a medium bowl and set aside.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

4



Cook the patties

Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef patties** until almost cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).

2



Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

5



Bring it all together

Transfer **beef patties** to a lined oven tray. Sprinkle with **shredded Cheddar cheese**. Bake until the cheese is melted, **3-4 minutes**. Meanwhile, place **bake-at-home burger buns** on a wire rack in the oven. Bake until heated through, **3 minutes**. To bowl with the shredded **lettuce**, add a drizzle of **olive oil**. Season, then toss to coat.

3



Make the patties

In a large bowl, combine **garlic**, **Aussie spice blend**, **fine breadcrumbs** (see ingredients), **egg**, the **salt**, **beef mince** and a pinch of **pepper**. Shape **mixture** into evenly sized patties (1 per person) slightly larger than the burger buns. Transfer to a plate.

TIP: Make a shallow indent in the centre of each patty to help prevent it from puffing up as it cooks.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into patties!

6



Serve up

Slice burger buns in half. Spread the bases with **garlic aioli**. Top with a cheesy beef patty, caramelised onion, tomato and reserved lettuce leaves. Serve with cos lettuce salad.

Little cooks: Take the lead and help build the burgers!

Enjoy!

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