



Crispy Cheddar Beef Burger

with Caramelised Onion Jam



Add crunch to your burger with a Cheddar-crisp



Red Onion



Beef Mince



Italian Herbs



Cheddar Cheese



Bake-At Home Burger Buns



Roma Tomato



Rocket Leaves

Pantry Staples



Olive Oil



Balsamic Vinegar



Water



Brown Sugar



Butter (Optional)

Hands-on: 15 mins
Ready in: 30 mins

There's not much to say about this burger really. Besides, why talk when you can take an enormous bite of this super indulgent burger, complete with crispy cheese and onion jam!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium bowl, medium frying pan, wooden spoon, small bowl, aluminium foil, box grater, oven tray lined with baking paper, spatula** and **bread knife**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **red onion**.



2 PREPARE THE BEEF PATTIES

Combine the **beef mince** and **Italian herbs** in a medium bowl and season with a **pinch of salt** and **pepper**. Shape the beef mixture into two patties (about the size of your burger buns). Set aside.



3 PREPARE THE ONION JAM

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5-6 minutes**, or until soft. Add the **balsamic vinegar, warm water (check the ingredients for the amount)** and **brown sugar**, and simmer until the liquid is nearly evaporated and the mixture is slightly sticky. Season with a **pinch of salt** and **pepper**. Transfer to a small bowl and set aside covered with aluminium foil.



4 PREP THE CHEESE AND BUNS

Grate the **Cheddar cheese**. **Drizzle** the oven tray lined with baking paper with **olive oil** (to prevent the cheese sticking) and place the cheese in two even piles (about the same diameter of your burger patties). Bake in the oven for **10 minutes**, or until the cheese is melted in the middle and crisp at the edges

TIP: Watch it doesn't burn! Place the **bake-at home burger buns** on the edge of the tray in the last **5 minutes** to heat through. Remove the tray from the oven and set aside until ready to serve.



5 COOK THE BEEF PATTIES

While the cheese crisps are cooking, heat a **drizzle of olive oil** in same pan over a high heat. Add the **beef patties** and cook for **4-5 minutes** on each side, or until browned and cooked through. Thinly slice the **Roma tomato**.



6 SERVE UP

Slice open the bake-at home burger buns and **butter** lightly (optional). Place the caramelised onion jam, a tomato slice, a Cheddar-crisp, a beef patty and a handful of **rocket leaves** inside each bun. Serve the remaining rocket on the side **drizzled** with **olive oil**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
beef mince	1 packet	2 packets
Italian herbs	1 sachet (2 tsp)	2 sachets (4 tsp)
balsamic vinegar*	3 tsp	1 ½ tbs
warm water*	3 tsp	1 ½ tbs
brown sugar*	1 tsp	2 tsp
Cheddar cheese	1 block (50g)	2 blocks (100g)
wholemeal bake-at home burger buns	2	4
roma tomato	1	2
butter* (optional)	2 tsp	1 tbs
rocket leaves	1 bag	2 bags

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280	466
Protein (g)	38.1	7.8
Fat, total (g)	28.4	5.8
- saturated (g)	12.1	2.5
Carbohydrate (g)	33.3	6.8
- sugars (g)	9.6	2
Sodium (g)	604	123

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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