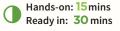


Crispy Cheddar Beef Burger

with Caramelised Onion Jam





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!



Add crunch to your burger with a Cheddar-crisp









Italian Herbs

Cheddar Cheese







Roma Tomato

Bake-At Home Burger

Rocket Leaves

Pantry Staples







Olive Oil





Brown Sugar



Butter (Optional)

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.



TGET PREPPED
Preheat the oven to 200°C/180°C fanforced. 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.



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.



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.



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.



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!

INGREDIENTS

2P4Polive oil*refer to methodrefer to methodred onion12beef mince1 packet2 packetsItalian herbs1 sachet (2 tsp)2 sachets (4 tsp)balsamic vinegar*3 tsp1 ½ tbswarm water *3 tsp1 ½ tbsbrown sugar*1 tsp2 tspCheddar cheese1 block (50g)2 blocks (100g)wholemeal bake-at home burger buns24roma tomato12butter* (optional)2 tsp1 tbsrocket leaves1 bag2 bags			
method method red onion 1 2 beef mince 1 packet 2 packets Italian herbs 1 sachet (2 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) wholemeal bake-at home burger buns roma tomato 1 2 butter* (optional) 2 tsp 1 tbs		2P	4P
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home burger buns 2 4 roma tomato 1 2 butter* (optional) 2 tsp 1 tbs	Cheddar cheese		
butter* (optional) 2 tsp 1 tbs		2	4
	roma tomato	1	2
rocket leaves 1 bag 2 bags	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	
at, 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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