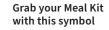
Garlic & Herb Beef Burger

with Fries & Peppercorn Aioli













Tomato

Black Peppercorns







Garlic & Herb



Seasoning

Fine Breadcrumbs



Shredded Cheddar



Cheese



Rocket Leaves



Bake-At-Home

Burger Buns

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

Hands-on: 20-30 mins

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

Oven tray lined with baking paper \cdot Large frying pan with a lid

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
brown onion	1	2		
balsamic vinegar*	1 tbs	2 tbs		
water*	½ tbs	1 tbs		
brown sugar*	1 tbs	2 tbs		
tomato	1	2		
black	½ sachet	1 sachet		
peppercorns	, = 0			
garlic aioli	1 packet (50g)	1 packet (100g)		
beef mince	1 small packet	1 medium packet		
garlic & herb seasoning	1 sachet	2 sachets		
egg*	1	2		
fine breadcrumbs	1 medium packet	1 large packet		
shredded Cheddar cheese	1 medium packet	1 large packet		
bake-at-home burger buns	2	4		
rocket leaves	1 small bag	1 medium bag		
smoked Cheddar cheese**	1 packet (50g)	1 packet (100g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4359kJ (1042Cal)	636kJ (152Cal)
Protein (g)	54.6g	8g
Fat, total (g)	47.6g	6.9g
- saturated (g)	16.2g	2.4g
Carbohydrate (g)	91.2g	13.3g
- sugars (g)	19.5g	13.3g
Sodium (mg)	1251mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4338kJ (1037Cal)	633kJ (151Cal)
Protein (g)	54.8g	8g
Fat, total (g)	46.9g	6.8g
- saturated (g)	15.6g	2.3g
Carbohydrate (g)	91.1g	13.3g
- sugars (g)	19.5g	13.3g
Sodium (mg)	1234mg	180mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW47



Bake the fries

Preheat the oven to 240°C/220°C fan-forced. Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Caramelise the onion

While the fries are baking, thinly slice the **brown onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Get prepped

While the onion is cooking, thinly slice the **tomato**. Lightly crush the **black peppercorns** (see ingredients) using a mortar and pestle or in their packet using a rolling pin. In a second small bowl, combine the crushed **peppercorns** and **garlic aioli**.



Make the patties

In a large bowl, combine the **beef mince**, **garlic** & **herb seasoning**, **egg** and **fine breadcrumbs**. Season with **salt** and **pepper**. Shape the **beef mixture** into evenly sized patties (one per person) slightly larger than a burger bun.

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



Cook the patties

Wipe out the frying pan, then return to a medium-high heat with a drizzle of olive oil. When the oil is hot, cook the beef patties until just cooked through, 4-5 minutes each side. In the last 1-2 minutes of cook time, sprinkle the shredded Cheddar cheese over the patties, then cover with a lid so the cheese melts. Meanwhile, place the bake-at-home burger buns on a wire rack in the oven and bake until heated through, 3 minutes.



If you've upgraded to smoked Cheddar cheese, grate the Cheddar. Sprinkle over the patties as above.



Serve up

Slice the burger buns in half. Spread each bun with some peppercorn aioli. Top with a garlic and herb beef patty, tomato slices, caramelised onion and a handful of **rocket leaves**. Serve with the fries and remaining aioli.

Enjoy!

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