



Italian Beef Burger

with Crispy Cheddar & Caramelised Onions

Grab your Meal Kit with this symbol



Brown Onion



Mixed Salad Leaves



Tomato



Pear



Beef Mince



Italian herbs



Fine Breadcrumbs



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Burger Sauce

Hands-on: 25-35 mins
Ready in: 40-50 mins

Sure, everyone rushes to the table when burgers are on the menu, but these ones will get them moving double-quick. That's because we've topped each tender beef patty with a Cheddar crisp – it adds a special cheesy touch and is super simple to make!

Pantry items

Olive Oil, Balsamic Vinegar, Honey, 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
brown onion	1	2
mixed salad leaves (60g)	1 bag	1 bag (120g)
tomato	1	2
pear	1	2
balsamic vinegar* (for the salad)	drizzle	drizzle
honey*	½ tsp	1 tsp
balsamic vinegar* (for the onions)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
beef mince	1 small packet	1 medium packet
Italian herbs	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
salt*	½ tsp	1 tsp
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
burger sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	688kJ (164Cal)
Protein (g)	48.9g	8.9g
Fat, total (g)	45.9g	8.4g
- saturated (g)	16.4g	3g
Carbohydrate (g)	66.4g	12.1g
- sugars (g)	23.6g	12.1g
Sodium (mg)	1432mg	262mg

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.

1



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Slice the **tomato** into rounds. Thinly slice the **pear** into wedges. In a medium bowl, combine a drizzle of **balsamic vinegar (for the salad)**, **honey** and drizzle of **olive oil**. Season with **salt** and **pepper** and set aside.

4



Make the Cheddar crisps

Drizzle a little **olive oil** over a lined oven tray. Arrange the **shredded Cheddar cheese** in even piles about the same size as your burger buns. Bake until the cheese is melted in the middle and crisp around the edges, **8-10 minutes**.

TIP: *Keep an eye on the crisps, you want them golden and crisp, not burnt!*

2



Caramelize the onion

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

5



Cook the burger patties

While the Cheddar crisps are baking, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **beef patties** until cooked through, **4-5 minutes** each side. Place the **bake-at-home burger buns** in the oven to heat through, **3 minutes**.

3



Prep the burger patties

While the onion is cooking, combine the **beef mince**, **Italian herbs**, **fine breadcrumbs** (see ingredients), **egg** and the **salt** in a large bowl. Season with **pepper**. Shape the **beef mixture** into patties (1 patty per person), a little larger than a burger bun. Transfer to a plate.

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

6



Serve up

Slice the burger buns in half. Spread some **burger sauce** over the base of each bun and top with a beef patty, tomato, a Cheddar crisp, some caramelised onion and **mixed salad leaves**. Add the pear, remaining tomato and mixed salad to the medium bowl with the dressing and toss to coat. Serve the salad with the burgers.

Enjoy!