

Quick Italian Beef Burgers

with Cheddar & Caramelised Onions

Grab your Meal Kit with this symbol



Garlic



Beef Mince



Fine Breadcrumbs



Italian Herbs



Shredded Cheddar Cheese



Bake-At-Home Burger Buns



Apple



Tomato



Brown Onion



Mixed Salad Leaves



Mustard Mayo

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Save this simple recipe for when you want a burger, stat! While you prep the toppings and the tart and peppery salad, the herby beef patties finish in the oven so that the Cheddar gets all lovely and melty.

Pantry items

Olive Oil, Egg, Brown Sugar, Balsamic Vinegar

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	1 clove	2 cloves
beef mince	1 small packet	1 medium packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
apple	½	1
tomato	1	2
brown onion	1	2
brown sugar*	½ tbs	1 tbs
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	2 tsp	1 tbs
balsamic vinegar* (for the salad)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3792kJ (906Cal)	728kJ (173Cal)
Protein (g)	49.7g	9.5g
Fat, total (g)	50.4g	9.7g
- saturated (g)	17.2g	3.3g
Carbohydrate (g)	59.1g	11.4g
- sugars (g)	16.8g	3.2g
Sodium (mg)	1192mg	229mg

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.



Make the patties

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**.
- In a medium bowl, combine **garlic, beef mince, fine breadcrumbs** (see ingredients), **egg, Italian herbs** and the **salt**. Season with **pepper**.
- Shape the **mixture** into burger patties (one per person), slightly larger than the burger buns.



Prep the salad & onion

- Meanwhile, thinly slice **apple** (see ingredients). Thinly slice **tomato** into rounds. Set aside.
- Thinly slice **brown onion**.
- Return frying pan to a medium-high heat. Add another drizzle of **olive oil**, if needed. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **brown sugar, balsamic vinegar (for the onion)** and the **water**. Mix well and cook until dark and sticky, **3-5 minutes**.



Cook the patties & heat the buns

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **beef patties** until almost cooked through, **4-5 minutes** each side. Transfer to a lined oven tray.
- Sprinkle **shredded Cheddar cheese** over each patty.
- Place **bake-at-home burger buns** on the same tray. Bake until cheese is melted and buns are warmed through, **4-5 minutes**.



Serve up

- In a medium bowl, combine the **balsamic vinegar (for the salad)** and a drizzle of olive oil. Add **mixed salad leaves** (reserve a handful for the burgers!) and apple. Season, then toss to coat.
- Slice burger buns in half. Spread the bases with **mustard mayo**. Top with a beef patty, tomato, reserved salad leaves and caramelised onion.
- Serve with apple salad.

Enjoy!