1 lb (450g) ground beef (80% lean, 20% fat)

1 small onion, finely chopped

2 cloves garlic, minced

1 tbsp Worcestershire sauce

1 tsp salt

1/2 tsp black pepper

1/2 tsp smoked paprika (optional for extra flavour)

4 slices of cheddar cheese (optional)

4 burger buns

**Toppings:**

Lettuce leaves

Sliced tomatoes

Sliced red onion

Pickles

**For the garlic aioli:**

1/2 cup mayonnaise

2 cloves garlic, minced

1 tsp lemon juice

Salt and pepper to taste

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**Prepare the garlic aioli:**

In a small bowl, mix together the mayonnaise, minced garlic, lemon juice, salt, and pepper.

Cover and refrigerate while you prepare the burgers.

**Make the burger patties:**

In a large bowl, combine the ground beef, chopped onion, minced garlic, Worcestershire sauce, salt, pepper, and smoked paprika (if using).

Mix until just combined; avoid overmixing to keep the patties tender.

Divide the mixture into 4 equal portions and shape them into patties, making a slight indentation in the centre of each patty with your thumb. This helps the burgers cook evenly.

**Cook the burgers:**

Heat a grill or a skillet over medium-high heat.

Cook the patties for about 4-5 minutes on each side for medium doneness. Add a slice of cheddar cheese on top of each patty during the last minute of cooking, allowing it to melt.

Toast the burger buns on the grill or in the skillet for about 1 minute until golden.

**Assemble the burgers:**

Spread a generous amount of garlic aioli on the bottom half of each bun.

Place the cooked patty on top, followed by lettuce, tomato slices, red onion, and pickles.

Finish with the top half of the bun.

**Serve:**

Serve the burgers immediately with your favourite side dishes like fries, salad, or coleslaw.