

Quick Cheesy Italian Beef Burgers

with Caramelised Onion & Rocket-Pear Salad

Grab your Meal Kit
with this symbol



Garlic



Beef Mince



Fine Breadcrumbs



Italian Herbs



Shredded
Cheddar Cheese



Bake-At-Home
Burger Buns



Brown Onion



Pear



Tomato



Spinach & Rocket
Mix



Mustard Mayo

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

Change things up on a classic burger by swapping tomato sauce and pickles for mustard mayo and caramelised onions. Complete with a simple, peppery salad with a touch of sweetness from the pear, less really does equal more in this mouthwatering meal.

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
brown onion	1	2
pear	½	1
tomato	1	2
balsamic vinegar* (for the onions)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	½ tbs	1 tbs
spinach & rocket mix	1 medium bag (60g)	1 large bag (120g)
balsamic vinegar* (for the salad)	½ tbs	1 tbs
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3787kJ (905Cal)	727kJ (174Cal)
Protein (g)	49.7g	9.5g
Fat, total (g)	49.8g	9.6g
- saturated (g)	16.8g	3.2g
Carbohydrate (g)	60.2g	11.6g
- sugars (g)	17.3g	11.6g
Sodium (mg)	1199mg	230mg

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



Make the burger 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) a little wider than a burger bun.

3



Bring it all together

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

2



Cook the beef patties

- 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 lined oven tray.
- Sprinkle **shredded Cheddar cheese** on top of 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**.

4



Serve up

- In a medium bowl, combine **spinach & rocket mix** (reserve a handful for the burgers) and pear. Add **balsamic vinegar (for the salad)** and a drizzle of olive oil. Season, then toss to coat.
- Slice burger buns in half. Spread base of each bun with **mustard mayo**. Top with a cheesy Italian beef patty, tomato, reserved spinach & rocket and caramelized onion.
- Serve with rocket-pear salad.

Enjoy!