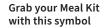


Quick Cheesy Italian Beef Burgers with Caramelised Onion & Rocket-Pear Salad















Italian Herbs

Fine Breadcrumbs



Shredded



Bake-At-Home

Burger Buns

Cheddar Cheese



Brown Onion







Spinach & Rocket



Mustard Mayo

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

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	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*	1/4 tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
brown onion	1	2
pear	1/2	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 Servina Per 100a Energy (kJ) 3787kJ (905Cal) 727kJ (174Cal) Protein (g) 9.5g Fat, total (g) 49.8g 9.6g 3.2g - saturated (g) 16.8g Carbohydrate (g) 60.2g 11.6g - sugars (g) 17.3g 11.6g

1199mg

The quantities provided above are averages only.

Allergens

Sodium (mg)

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 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.



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.



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.



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 caramelised onion.
- Serve with rocket-pear salad.

Enjoy!