



# Cheesy Beef Burger & Caramelised Onion

with Kumara Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Kumara



Garlic



Fine Breadcrumbs



Beef Mince



Aussie Spice Blend



Brown Onion



Shredded Cheddar Cheese



Burger Buns



Tomato



Garlic Aioli



Mixed Salad Leaves

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Tomato sauce is always classic on a burger, but for this delicious dinner, we've combined two of our other faves; garlic aioli and caramelised onion. Plus melted Cheddar cheese, of course – this is a burger after all!

### Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar

## 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

Two oven trays lined with baking paper  
Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
garlic	1 clove	2 cloves
fine breadcrumbs	½ packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp
beef mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
brown onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
warm water*	2 tsp	4 tsp
brown sugar*	1 tsp	2 tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
burger buns	2	4
tomato	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3900kJ (932Cal)	594kJ (142Cal)
Protein (g)	50.1g	7.6g
Fat, total (g)	40.7g	6.2g
- saturated (g)	14.5g	2.2g
Carbohydrate (g)	84.9g	12.9g
- sugars (g)	24.6g	3.8g
Sodium (mg)	1610mg	245mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](http://hellofresh.co.nz/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 **240°C/2200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

**TIP:** Cut the kumara to size so it cooks in time.



## 4. Make the caramelised onion

Thinly slice the **brown onion**. Return the frying pan to a medium-high heat with a **good drizzle** of **olive oil**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **warm water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Set aside.



## 2. Make the beef patties

While the fries are baking, finely chop the **garlic**. In a large bowl, combine the **garlic**, **fine breadcrumbs** (see ingredients list), **egg**, the **salt**, **beef mince**, **Aussie spice blend** and a **pinch** of **pepper**. Shape the **beef mixture** into patties, each a little wider than your burger buns. Transfer to a plate. You should get 1 patty per person.

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



## 5. Add the cheese

While the onion is cooking, sprinkle the **beef patties** with the **shredded Cheddar cheese**. Bake until the cheese is melted, **2-3 minutes**. Place the **burger buns** directly on the wire rack of the oven and bake until heated through, **3 minutes**. While the burger buns are heating, thinly slice the **tomato** into rounds.



## 3. Cook the beef patties

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Cook the **beef patties** until almost cooked through, **4-5 minutes** each side. Transfer the **beef patties** to an oven tray lined with baking paper.

**TIP:** If your pan is getting crowded, cook in batches for the best results!



## 6. Serve up

Slice the burger buns in half. Spread the base of the buns with **garlic aioli**. Top with a cheesy beef patty, some caramelised onion, tomato and **mixed salad leaves**. Serve with the kumara fries.

**Enjoy!**