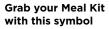


# Cheesy Beef Burger & Caramelised Onion

with Kumara Fries & Garlic Aioli















**Aussie Spice** 



Blend

**Brown Onion** 





**Shredded Cheddar** Cheese

**Burger Buns** 





Tomato

**Garlic Aioli** 

**Mixed Salad** Leaves





### 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

	g. ca.c.its		
2 People	4 People		
refer to method	refer to method		
2 (medium)	2 (large)		
1 clove	2 cloves		
½ packet	1 packet		
1	2		
1/4 tsp	½ tsp		
1 packet	1 packet		
1 sachet	1 sachet		
1 (medium)	1 (large)		
1 tbs	2 tbs		
2 tsp	4 tsp		
1 tsp	2 tsp		
1 packet (50g)	1 packet (100g)		
2	4		
1	2		
1 packet (50g)	1 packet (100g)		
1 bag (30g)	1 bag (60g)		
	refer to method 2 (medium) 1 clove ½ packet 1 ¼ tsp 1 packet 1 sachet 1 (medium) 1 tbs 2 tsp 1 tsp 1 packet (50g) 2 1 1 packet (50g) 1 bag		

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3900kJ</b> (932Cal)	<b>594kJ</b> (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 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.



# 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.



## 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!



## 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.



# 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.



# 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!**