

Product Spotlight: Onion

When frying onion in oil for 5-8 minutes, they caramelise slightly thanks to their natural sugar content. This makes for a slightly sweet and tender addition to these homemade burgers!

Cheesy Beef Burgers

BURGERS! ... Need we say more? (Ok we'll say a little more; WA beef patties, melted cheese, caramelised onion, fresh veg and tomato chutney. Yum!)



Skip the chutney

If tomato chutney is too much for fussy eaters, simply serve the burgers with mayo and/or tomato sauce instead. (But, it's mild and sweet, so why not give it a go?)

ACCORD TO THE

28 September 2020

FROM YOUR BOX

BROWN ONION	1
BEEF HAMBURGER PATTIES	4-pack
GRATED CHEESE	1/2 packet (100g) *
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
FESTIVAL LETTUCE	1/2 *
MILK BUNS	4-pack
TOMATO CHUTEY	1/2 jar *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper

KEY UTENSILS

2 frypans

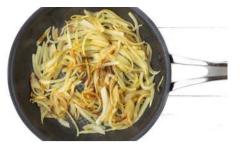
NOTES

You can also cook the patties (and the buns) on the barbie!

For extra flavour, add some mayonnaise to the buns when serving.

No beef option - beef patties are replaced with chicken schnitzels. Increase cooking time to ensure chicken is cooked through.

No gluten option - milk buns are replaced with GF rolls.



1. COOK THE ONION

Set oven to 200°C.

Heat a frypan with **oil** over medium-high heat. Slice and add onion, cook for 5-8 minutes until golden and sweet. Season with **salt and pepper**.



2. COOK THE PATTIES

Heat another frypan over medium-high heat (see notes). Rub beef patties with **oil**, **salt and pepper.** Add to the pan and cook for 2-3 minutes each side. Add grated cheese to the top of the burgers after turning.



3. PREPARE THE SALAD

Slice tomatoes and cucumber. Wash and tear lettuce.



4. WARM THE BURGER BUNS

Halve the buns and warm in the oven or in a dry frypan (optional).



5. FINISH AND PLATE

Construct burgers with patties, onions, chutney and salad ingredients.

