



France's Cheesy French Onion Burger

with French Fries and Baby Leaf Salad

Six Nations 35-40 Minutes • 1 of your 5 a day

5



Potatoes



Garlic Clove



Breadcrumbs



Wholegrain Mustard



Beef Mince



Onion



Cider Vinegar



Mature Cheddar
Cheese



Sliced Burger
Buns



Baby Leaf
Mix

Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl, frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Breadcrumbs 13)	10g	25g	25g
Wholegrain Mustard 9)	17g	25g	34g
Beef Mince**	240g	360g	480g
Onion**	1	2	2
Cider Vinegar 14)	15ml	22ml	30ml
Mature Cheddar Cheese** 7)	40g	70g	80g
Sliced Burger Buns 13)	2	3	4
Baby Leaf Mix**	20g	50g	50g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Sugar for the Onions*	1 tsp	1½ tsp	2 tsp
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Mayonnaise*	4 tbsp	6 tbsp	8 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	618g	100g
Energy (kJ/kcal)	4677 /1118	757 /181
Fat (g)	62.6	10.1
Sat. Fat (g)	20.8	3.4
Carbohydrate (g)	97.4	15.8
Sugars (g)	16.9	2.7
Protein (g)	44.5	7.2
Salt (g)	3.01	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **9)** Mustard **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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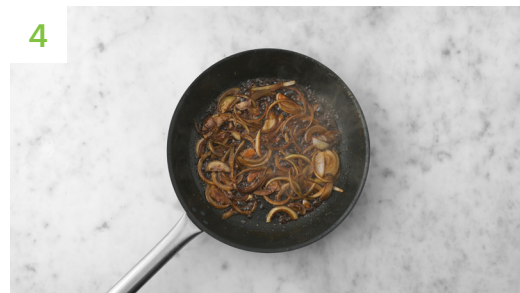
Eyes on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Caramelize the Onion

Pop a large frying pan on medium heat and melt in the **butter** (see pantry for amount).

Once melted, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar for the onions** (see pantry for amount) and **half the cider vinegar**. Cook until caramelised, 1-2 mins more.

Meanwhile, in a medium bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts) and the remaining **cider vinegar**. Season with **salt** and **pepper**, then set your **dressing** aside.

Grate the **cheese**.



Make your Burgers

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **breadcrumbs**, **half the mustard** and the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**. Season with **pepper** and mix together with your hands.

Roll into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. **TIP:** The burgers will shrink a little during cooking. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Cheese Please

Once the **burgers** are cooked, carefully place the **cheese** on top of them and pop back into the oven until the **cheese** has melted, 2-3 mins.

At the same time, pop the **buns** into the oven to warm through, 2-3 mins.

In a small bowl, mix the remaining **mustard** with the **mayo** (see pantry for amount).

Just before everything's ready, toss the **baby leaves** in the **dressing**.



Time to Bake

Pop the **burgers** onto a large baking tray. Bake on the middle shelf until cooked through, 12-15 mins.

IMPORTANT: The burgers are cooked when no longer pink in the middle.

Meanwhile, halve, peel and thinly slice the **onion**.



Assemble and Serve

When everything's ready, spread the **mustard mayo** over the **bun bases**.

Top the **bases** with a **cheesy burger** and the **caramelised onion**, then sandwich shut with the **bun lids**.

Serve the **fries** and **baby leaf salad** alongside.

Enjoy!