



# Cheesy Beef Burger & Kumara Wedges

with Caramelised Onion & Creamy Pesto Dressing

Grab your Meal Kit with this symbol 



Kumara



Garlic



Beef Mince



Fine Breadcrumbs



Italian Herbs



Shredded Cheddar Cheese



Burger Buns



Brown Onion



Cos Lettuce



Tomato



Creamy Pesto Dressing

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

Tomato sauce is always classic on a burger, but this time we've swapped it out for two of our other favourite classics; creamy pesto dressing and caramelised onion. Served with baked kumara wedges, you'll be thanking us all night for this easy and mouth-watering meal.

### 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

Two oven trays lined with baking paper  
Medium 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
beef mince	1 small packet	1 medium packet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
burger buns	2	4
brown onion	1 (medium)	1 (large)
cos lettuce	½ head	1 head
tomato	1	2
brown sugar*	1 tsp	2 tsp
water*	2 tsp	4 tsp
balsamic vinegar*	1 tbs	2 tbs
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3790kJ (905Cal)	518kJ (124Cal)
Protein (g)	51.1g	7.0g
Fat, total (g)	37.7g	5.2g
- saturated (g)	14.0g	1.9g
Carbohydrate (g)	82.7g	11.3g
- sugars (g)	24.7g	3.4g
Sodium (mg)	1120mg	153mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Bake on the top oven rack until tender, **25-30 minutes**.

**TIP:** Cut the kumara to the correct size so it cooks in the allocated time!



## 4. Get prepped

While the burger patties are cooking, thinly slice the **brown onion**. Roughly chop the **cos lettuce** (see ingredients list). Thinly slice the **tomato** into rounds.



## 2. Make the beef patties

While the wedges are baking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **beef mince**, **garlic**, **fine breadcrumbs** (see ingredients list), **egg**, **Italian herbs**, the **salt** and a **good pinch of pepper**. Mix until well combined. Shape the **beef mixture** into patties a little wider than the burger buns. 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. Caramelize the onion

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



## 3. Cook the patties

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **beef patties** and cook until almost cooked through, **4-5 minutes** on each side. Transfer to a second oven tray lined with baking paper and sprinkle each patty with **shredded Cheddar cheese**. Place the **burger buns** on the same tray and bake until the cheese is melted and the buns are warmed through, **4-5 minutes**.

**TIP:** Keep an eye on the buns. You want them warm and toasted, but not burnt!



## 6. Serve up

Slice the burger buns in half. Spread the base of each bun with the **creamy pesto dressing**. Top with a cheesy beef patty, some caramelized onion, tomato and cos lettuce. Serve with the kumara wedges.

**Enjoy!**