



Everything  
But The Chef

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## Cheeseburger with Onion Relish & Parsnip Fries

You'd be forgiven for thinking you've stepped into an all-American diner with this classic cheeseburger with all the trimmings. But we bet you've never tasted diner fries as good as these. The sweetness of roasted parsnips trumps potato everytime. Don't knock 'em til you try 'em.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



4 pantry items



Burger Buns



Beef Mince



Fine Breadcrumbs



Parsley



Parsnip



Red Onion



Cheddar Cheese



Tomato



Mixed Salad

2P	4P	Ingredients
250 g	500 g	beef mince
40 g	80 g	fine breadcrumbs
2 tbs	4 tbs	parsley, finely chopped
1	2	egg *
2	4	parsnips, cut into fries
2 tbs	4 tbs	olive oil *
1 block	2 blocks	cheddar cheese, grated
2	4	burger buns
1	2	red onion, finely sliced
1 tbs	2 tbs	balsamic vinegar *
1 tbs	2 tbs	sugar *
1	2	tomato, sliced
70 g	140 g	mixed salad, washed

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	4090	Kj
Protein	57.8	g
Fat, total	52.7	g
-saturated	18.6	g
Carbohydrate	60.2	g
-sugars	18.1	g
Sodium	940	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** In a large bowl combine the **beef mince**, **breadcrumbs**, **parsley**, **egg**, and season well with **salt** and **pepper**. Divide the mixture into patties and place them into the fridge until you're ready to cook them.



**3** Place your **parsnip fries** onto a lined baking tray and coat well with half of the **olive oil**, salt and pepper. Cook in the oven for **15 minutes** or until they are golden and crunchy.

**4** Heat a little olive oil in a pan over medium-high heat and cook the patties for **3 minutes** on each side, or until cooked to your liking. Place the patties on a lined baking tray and top with **cheddar cheese**. Add the whole **burger buns** to the same tray and place in the oven (or under a grill) and cook for **5 minutes** or until the cheese has melted and the buns are toasty.



**5** Meanwhile, heat the remaining olive oil in a pan over a medium-high heat and add the **red onion**, cook for **3 minutes** or until the onion has softened. Add the **balsamic vinegar** and **sugar** and cook for a further **3 minutes** or until the onion becomes sticky

**6** Assemble your cheeseburgers; halve the burger buns and top each with a cheesy beef patty, some caramelised onion relish, **tomato**, and the **mixed salad** and serve with a handful of the parsnip fries. Feel free to personalise it and add your favourite condiment, then dig in!



**Did you know?** Instead of peeling your parsnips, give them a gentle scrub under running water. Most of the flavour lies directly under the skin.