



Beef Burger with Sweet Red Onion Jam

and Sweet Potato Fries



ca. 30min



4 Portionen

Was du von uns bekommst

- 2 rote Zwiebeln
- 4 Süßkartoffeln
- 1 Knoblauchzehe
- 250g Rinderhackfleisch
- 4 Burgerbrötchen ¹
- 200g junger Gouda, gerieben ²
- 100g Feldsalat

Was du zu Hause benötigst

- 1EL Butter ²
- ½TL Senf ³
- 6¼g Salz und Pfeffer
- 50g Zucker
- 60ml Olivenöl
- 90ml Balsamicoessig ⁴

Küchenutensilien

- Backofen
- Backblech und Backpapier
- mittelgroßer Topf
- große Pfanne mit Deckel
- Küchenreibe

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Gluten (1), Milch (2), Senf (3), Schwefeldioxid und Sulphite (4). Kann Spuren von anderen Allergenen enthalten.

Nährwertangaben pro Portion

Energie 788kcal, Fett 41.6g, Kohlenhydrate 70.5g, Eiweiß 30.7g



1. Make the onion jam

Preheat the oven to 220°C (200°C fan). Peel, halve, and slice the onions. In a medium-sized pot, cook the onion with 1Tbsp butter, 5Tbsp balsamic vinegar, 2Tbsp water, 3Tbsp sugar, and a large pinch of salt and pepper on low to medium heat until the onions are soft and jammy, 8-10min.



2. Make the fries

Cut the sweet potatoes into wedges, then add them to a parchment-lined baking tray and toss the wedges with 2Tbsp olive oil and ½tsp of salt. Bake in the oven for 20-25min., turning the wedges halfway through baking.



3. Make the salad dressing

In a large bowl, mix 1Tbsp olive oil, 1Tbsp balsamic vinegar, 1tsp sugar, ½tsp mustard and a large pinch of salt and pepper to make a salad dressing. Set aside.



4. Make the patties

Peel and grate the garlic. In a bowl, mix the minced meat with the garlic, and a large pinch of salt and pepper. Shape the meat into 4 patties. Cut the buns open.



5. Fry the patties

Heat a large pan on medium-high heat. Add 1Tbsp olive oil and the patties and fry for 3-4min. until browned on the first side. Then flip the patties, top with ½ of the cheese and cover with a lid to help the cheese melt. Fry for 3-4min. until the second side is browned and cooked to the desired doneness. Let rest covered on a plate.



6. Toast the buns

Turn on the oven grill function at 220°C (200°C fan). Divide the fries over plates, and put the buns onto the tray. Sprinkle the rest of the cheese on the bottom buns and toast the buns for 2-3min. until golden and the cheese is melted. Toss the lettuce with the dressing. Add the patties to the buns and top with some onion jam as desired. Serve with the sweet potato fries and salad on the side.