



Beef Burger with Sweet Red Onion Jam

and Sweet Potato Fries



ca. 30min



2 Portionen

Was du von uns bekommst

- 1 rote Zwiebel
- 2 Süßkartoffeln
- 1 Knoblauchzehe
- 250g Rinderhackfleisch
- 2 Burgerbrötchen ¹
- 100g junger Gouda, gerieben ²
- 50g Feldsalat

Was du zu Hause benötigst

- ½EL Butter ²
- ¼TL Senf ³
- 3g Salz und Pfeffer
- 25g Zucker
- 30ml Olivenöl
- 45ml Balsamicoessig ⁴

Küchenutensilien

- Backofen
- Backblech und Backpapier
- kleiner Topf
- mittelgroße 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 967kcal, Fett 51.0g, Kohlenhydrate 80.5g, Eiweiß 43.3g



1. Make the onion jam

Preheat the oven to 220°C (200°C fan). Peel, halve, and slice the onion. In a small pot, cook the onion with ½Tbsp butter, 2½Tbsp balsamic vinegar, 1Tbsp water, 1½Tbsp sugar, and a 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 1Tbsp olive oil and a large pinch 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 ½Tbsp olive oil, ½Tbsp balsamic vinegar, ½tsp sugar, ¼tsp mustard and a pinch of salt and pepper to make a salad dressing. Set aside.



4. Make the patties

Peel and grate ½ the garlic. In a bowl, mix the minced meat with the grated garlic, and a pinch of salt and pepper. Shape the meat into 2 patties. Cut the buns open.



5. Fry the patties

Heat a medium-sized pan on medium-high heat. Add ½Tbsp 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.