



# Homemade Apple Beef Burgers

with chips and balsamic apple and onion chutney

Family 40-45 mins • Eat me first

4



Brioche Buns



Beef Mince



Potatoes



Apple



Onion



Mayo



Grated Cheese



Breadcrumbs



Ketchup



Balsamic Glaze



Curry Powder

Pantry Items: Salt, Pepper, Oil, Water, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Brioche Buns	2 units	4 units
Beef Mince	250 g	500 g
Potatoes	3 units	6 units
Apple	1 unit	2 units
Onion	1 unit	2 units
Mayo	2 sachets	4 sachets
Grated Cheese	50 g	100 g
Breadcrumbs	1 pack	1 pack
Ketchup	2 sachets	4 sachets
Balsamic Glaze	1 sachet	2 sachets
Curry Powder	½ sachet	1 sachet

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>667.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	4510.4 kJ/ 1078 kcal	675.7 kJ/ 161.5 kcal
Fat (g)	47 g	7 g
Sat. Fat (g)	17.2 g	2.6 g
Carbohydrate (g)	121.2 g	18.2 g
Sugars (g)	22.7 g	3.4 g
Protein (g)	44.7 g	6.7 g
Salt (g)	3.5 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Cook the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (no need to peel).
- Pop the chips onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- Cook on the top shelf until golden, 25-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



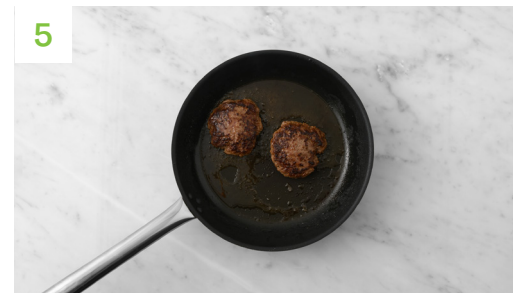
## Form the Burgers

- While the chutney cooks, combine the **beef mince** with the remaining grated **apple** and the **breadcrumbs** in a large bowl. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Season with **salt** and **pepper** and mix everything together with your hands.
- Roll into even-sized balls, then shape into 1cm thick burgers, 1 per person.



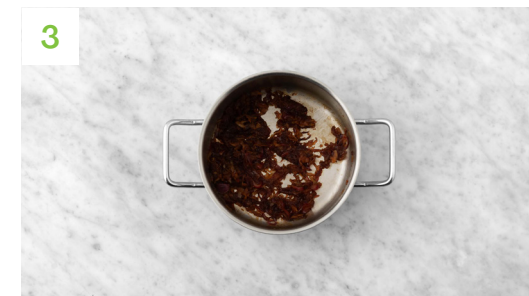
## Soften the Onion

- Halve, peel and thinly slice the **onion**.
- Place a medium pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, season with **salt** and **pepper** and fry until soft and sweet, stirring occasionally, 4-6 mins.



## Fry the Burgers

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the burgers until browned on the outside and cooked through, 12-14 mins.
- Carefully turn every 3-4 mins, adjusting the heat if needed. **IMPORTANT:** Burgers are cooked when no longer pink in the middle.
- Once cooked, remove pan from heat and divide the **cheese** between burgers. Cover and set aside until the **cheese** is melted, 3-4 mins.
- Pop the **buns** into the oven to warm, 2-3 mins.



## Make the Chutney

- Meanwhile, quarter the **apple**, remove the core and seeds and coarsely grate.
- Once the **onion** is softened, add **half** the **curry powder** (double for 4p) and cook for 1 min more.
- Pop in 150ml **water**, 1 ½ tbs **sugar**, ¼ tsp **salt** (double all for 4p), **balsamic glaze** and **two-thirds** of the grated **apple**.
- Cover and cook for another 6-8 mins, stirring occasionally. Add a splash of **water** if required.



## Finish and Serve

- To assemble the burgers, spread a spoonful of **mayo** and **ketchup** over each **base bun**.
- Top with the **beef burger** and **apple onion chutney**. Close with the top **bun**.
- Serve with chips alongside.

Enjoy!