



# Homemade Apple Beef Burgers

with potatoes and balsamic onion chutney

40 – 45 mins

5



Irish Beef Mince



Potatoes



Apple



Onion



Mayo



Salad Leaves



Grated Cheese



Breadcrumbs



Ketchup



Balsamic Glaze



Curry Powder

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



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2025-W01

## 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.

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

## Cooking tools you will need

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

## Ingredients

	2P	4P
Irish Beef Mince	240 g	480 g
Potatoes	600 g	1200 g
Apple	1 unit	2 units
Onion	1 unit	2 units
Mayo	2 sachets	4 sachets
Salad Leaves	120 g	240 g
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

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	511 kJ/ 122 kcal
Fat (g)	5.3 g
Sat. Fat (g)	2.3 g
Carbohydrate (g)	13.1 g
Sugars (g)	3.2 g
Protein (g)	5.8 g
Salt (g)	0.3 g

See site or app for detailed nutritional info.

## Allergens

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

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### Cook the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks.
- Pop 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 the tray halfway through.

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



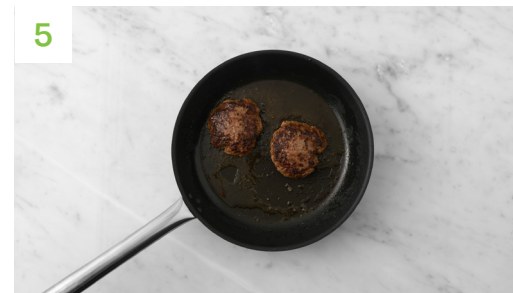
### Form the Burgers

- 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 by hand.
- Roll into evenly-sized balls, then shape into 1cm thick burgers, one per person.



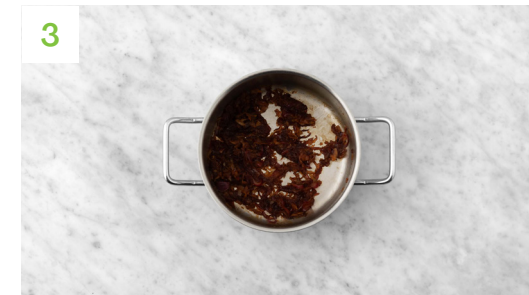
### Soften the Onion

- 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** and season with **salt** and **pepper**.
- Fry until soft and sweet, stirring occasionally, 4-6 mins.



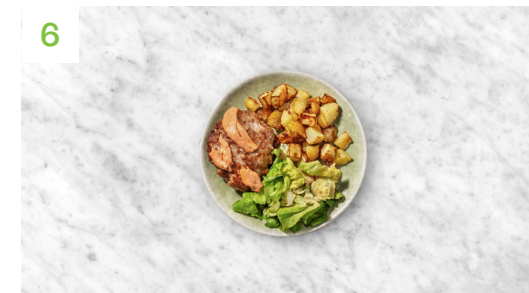
### Fry the Burgers

- 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 necessary. **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.



### Make the Chutney

- Meanwhile, quarter the **apple**, remove the core and seeds and coarsely grate.
- Once the **onion** is softened, add **half** a sachet of **curry powder** (per 2P) and cook for 1 min more.
- Pop in 150ml **water** (per 2P), 1 ½ tbsp **sugar** (per 2P), ¼ tsp **salt** (per 2P), the **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

- Trim the **salad leaves** and roughly chop. Toss with **salt**, **pepper** and a drizzle of **oil**.
- To assemble the burgers, spoon on a dollop of **apple onion** chutney. Spread a mix of **mayo** and **ketchup** over the top.
- Divide the **salad** between plates.
- Serve with chips alongside.

Enjoy!