



QCOOK

Caramelised Onion Beef Burger

with chips & sliced gherkins

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Grootte Post Winery | Grootte Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	779kj	6007kj
Energy	187kcal	1439kcal
Protein	7.9g	60.8g
Carbs	16g	122g
of which sugars	4.5g	34.5g
Fibre	1.4g	10.5g
Fat	10.2g	78.6g
of which saturated	3.3g	25.2g
Sodium	198mg	1525mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into skinny, 5mm thick chips</i>
2 strips	4 strips	Streaky Pork Bacon
1	1	Onion <i>peel & finely slice</i>
15ml	30ml	Honey
	70ml	Dijon Mustard <i>(5ml [10ml] Dijon Mustard & 30ml [60ml] Mayo)</i>
1	2	Burger Bun/s <i>halve</i>
1	2	Beef Patty/ies
30g	60g	Grated Mozzarella & Cheddar Cheese
20g	40g	Green Leaves <i>rinse</i>
25g	50g	Gherkins <i>drain & thinly slice</i>
10g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter (optional)

Paper Towel

1. CRISPY FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil – lose it or reuse it! Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. START THE MUSIC When the chips reach the halfway mark, place a pan (with a lid) over medium heat. When hot, fry the bacon until cooked but not too crispy, 2 minutes per side. Remove from the pan and drain on paper towel, keeping the pan of oil on the heat. Add a knob of butter (optional) and fry the onion until caramelised, 7-8 [8-10] minutes (shifting occasionally).

3. NOW WE JAMMIN' When the onion is soft and caramelised, reduce the heat to low. Roughly chop the bacon and add to the pan. Stir in the honey and 30ml [50ml] of water. Cook until sticky and reduced by a ¼, 3-4 [4-5] minutes (stirring regularly). Transfer to a small bowl, cover, and set aside.

4. PREP STEP Season the dijon mayo and set aside for serving. Butter the burger bun or drizzle with oil.

5. WONDROUS PATTY Return the pan, wiped down, to medium-high heat. Fry the patty [patties] until browned and cooked through, 2-3 minutes per side (for medium-rare!) Top the patty [patties] with the cheese and pop on the lid. Remove the pan from the heat and set aside until the cheese is melted, 2-3 minutes. Place the bun halves in the oven until warmed through, 2 minutes.

6. LOAD UP! Dollop the bacon jam on the bottom bun half and top with the cheesy patty. Layer with the green leaves and the gherkins. Smear with ½ the mayo, cover in crispy onions, and close up with the other half of the bun. Pile the chips on the side with the remaining mayo for dipping. Scrumptious!