

## Chilli and Onion Beef Burgers



### *Ingredients*

#### **For the Burgers**

2 large brown onions, thinly sliced  
1/2 cup pickled jalapeno slices (or to taste), drained  
1 tsp brown sugar  
1 tsp Worcestershire sauce  
4 cheese slices  
Shredded lettuce  
4 burger buns, split  
Mayonnaise

#### **For the Burger Patties**

500g good quality beef mince  
1 small onion, very finely chopped  
2 tsp fresh garlic, crushed  
1 egg, lightly beaten  
1/4 cup tomato ketchup  
1 cup breadcrumbs  
1 tsp salt

### *Directions*

Step 1 – Preheat the BBQ to medium heat – approximately 180°C. Set up the BBQ with a hotplate or BBQ safe frying pan and cook the onion in a little oil until softened. Add the jalapeno slices, brown sugar Worcestershire sauce and cook for 2 minutes, stirring constantly, then remove from the BBQ and set aside to cool.

Step 2 – To make the patties, place the beef mince, onion, garlic, egg, ketchup, breadcrumbs and salt into a large bowl and mix until well combined. Form the mince mixture into 4 patties with wet hands, place on a tray and refrigerate for at least half an hour.

Step 3 – Cook the burger patties on the hotplate until the outside is charred and the inside is cooked to your liking. In the last 2 minutes of cooking, place a slice of cheese on top of each patty to melt.

Step 4 – Remove the patties and cheese from the BBQ and set aside, covered loosely with foil. Place the burger buns cut side down onto the hotplate to toast slightly.

Step 5 – Assemble your burgers with lettuce, patty and cheese, onion and jalapeno mixture and mayonnaise and serve.

