

Less than 30 minutes

Serves 4

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Ingredients:

Onions:

- 2 Tbsp (30ml) butter
 - Olive oil
 - 3 Tbsp (45ml) brown sugar
 - Salt
 - 2 onions, sliced thickly
 - ⅓ cup (80ml) red wine vinegar
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- 500g extra-lean beef mince
 - Salt and milled pepper
 - 200g mature cheddar cheese, sliced
 - 4 burger buns, cut in half
 - 2 Tbsp (30ml) hot English mustard
 - 4 gherkins
 - ½ head iceberg lettuce, shredded
 - 1-2 salad tomatoes, sliced

Method

1. Melt butter, a glug of oil, sugar and a large pinch of salt in a non-stick pan.
2. Add onion slices and fry until browned.
3. Pour over vinegar, cover and simmer on a low heat for 10 minutes, until soft.
4. Season mince well and divide into 4 balls.
5. Heat a glug of oil in another pan and add mince ball.
6. Squash mince into a patty with a spatula and fry until browned and crispy all over.
7. Repeat with remaining mince balls.

8. Top hot patties with cheese and cooked onion slices.
9. Spread buns with mustard and top with gherkins, lettuce and tomato.
10. Top with patties and serve.

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