



Mini hamburgers with caramelised onion and blue cheese



Categoria
Carne



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Intermediate



Com quem?
With friends



Nº de pessoas
4 pessoas

Ingredientes



4 tbsp of of Victor Guedes
Extra Virgin

- 400g of minced beef
- 1 finely chopped garlic clove
- 12 mini burger buns
- 100g of blue cheese
- 2 white onions
- 1 tsp of brown sugar
- 40g of rocket
- Fleur de sel, to taste
- Pepper, to taste
- Piri Piri sauce, to taste

Method of preparation

1

In a bowl, mix the meat with the finely chopped garlic, and add salt and pepper to taste. Shape the meat into 12 mini burgers and set them aside.

2

Slice the onions and put them in a frying pan along with the olive oil. Cook over a low heat until the onions begin to soften.

3

Add the sugar to the frying pan, stir and simmer for another 3 minutes over a low heat. Season with pepper and set aside.

4

Cook the hamburgers in a nonstick frying pan for about 2 minutes on each side.

5

Once the burgers are cooked, put some cheese on top of each hamburger and let it melt slightly.

6

Serve the meat in the burger buns with the rocket, caramelised onion and a few drops of Piri Piri sauce to taste.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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